

CLASS NAME	CLASS OVERVIEW	CLASS DURATION
My Life, My Health CHRONIC DISEASE Self Management	Provides tools and support for individuals living with chronic health conditions such as Diabetes, Heart Disease, COPD, Asthma, Hypertension, Parkinson's, Arthritis and more. Topics covered include healthy eating and exercise, problem solving, ways to deal with pain, fatigue and stress, and working effectively with healthcare providers.	6 weeks, 2.5 hrs per session
CHRONIC PAIN Self Management	Provides tools and support for healthy living for individuals living with chronic pain such as Arthritis or pain due to injury. Topics covered include techniques to deal with problems such as frustration, fatigue and isolation; appropriate exercise, appropriate use of medications; and effective communication.	6 weeks, 2.5 hrs per session
DIABETES Self Management	Teaches techniques to help manage the symptoms of diabetes, appropriate use of medications, healthy eating, exercise for maintaining and improving endurance, and working effectively with healthcare providers.	6 weeks, 2.5 hrs per session
A Matter of Balance FALL PREVENTION	Designed to reduce the fear of falling, help prevent falls, and increase activity levels among older adults with exercises designed to increase core strength and balance.	8 weeks, 2 hrs per session
Powerful Tools for Caregivers	Provides tools and strategies to better handle the unique challenges faced by family caregivers. Topics covered include self-care behaviors, management of emotions, self-efficacy and use of community resources.	6 weeks, 1.5 hrs per session
SAVVY CAREGIVER	Designed for people who are actively caring for a loved-one with Alzheimer's disease or dementia-related illness. Focus is on building knowledge about the disease and skills needed for effective caregiving, getting support, and practicing self-care.	6 weeks, 2 hours per session.

All programs are facilitated by two trained lay leaders. For more information and a current schedule of classes, please visit www.minutemansenior.org or call 781-221-7095.

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