



# Take Charge, Feel Better!

## *Healthy Living Programs Fact Sheet*

**My Life, My Health: Chronic Disease Self-Management Program** - My Life, My Health is designed for adults and their caregivers who live with the daily challenges of one or more ongoing health conditions. Participants will learn methods for managing health and lifestyle conditions.

**\*\*Tomando Control de su Salud** - Culturally appropriate Spanish version of the Chronic Disease Self-Management Program.

**Better Choices, Better Health** - Online version of the Chronic Disease Self-Management Program designed for adults and caregivers who are unable to attend weekly, in-person workshops.

**Diabetes Self-Management Program** - Adults living with diabetes and their caregivers learn health and lifestyle skills to better manage their medical condition.

**\*\*Living La Vida Dulce** - Culturally appropriate Spanish version of the Diabetes Self-Management Program.

**Healthy Eating for Successful Living in Older Adults Program** - This program is for older adults looking to improve nutrition and increase physical activity. The program promotes heart and bone health and aids in the prevention and management of chronic health conditions through goal setting and nutrition education.

**Savvy Caregiver Program** - This program is for caregivers actively caring for a friend or family member living with Alzheimer's Disease or Related Dementia in the community. The goal of this informative and interactive program is to increase caregiver knowledge, skills, self-efficacy, and well-being.

**\*\*Cuidando Con Respeto** - Culturally appropriate Spanish version of the Savvy Caregiver Program.

**Powerful Tools for Caregivers** - This is an educational program to help family and friends caring for older adults with long term health conditions. This workshop helps caregivers develop skills to cope with the everyday demands of caregiving and improves confidence for better self-care.

**Healthy IDEAS (Identifying Depression Empowering Activities for Seniors)** - A community program designed to detect and reduce the severity of depressive symptoms in older adults with on-going health conditions and functional limitations. The program ensures adults receive the assistance needed to manage symptoms of depression while living a fuller life.

**\*\*Our Programs are offered in a Variety of Languages addressing the challenges and barriers to managing your health and making positive lifestyle changes that you desire! Call for more information.**

**EnhanceWellness** - an individualized program where people receive personalized health action plans that identify a person's health risks and the steps needed to improve health and well-being. The goal is to promote positive behavior change and to minimize health risks while maintaining or increasing functional status in the community.

**Matter of Balance** - encourages participants to see falls as controllable through increased activity and awareness of fall hazards. Exercises are included to improve balance, flexibility, and strength.

**Tai Chi for Healthy Aging** - focuses on preventing falls and improving balance through regular practice of Tai Chi. Participants will learn 8 single forms derived from the traditional, well known 24-form Yang style Tai Chi. The forms are tailored to older adults who wish to improve balance, mobility and reduce the risk of falling.

**Tai Ji Quan: Moving for Better Balance (TJQMBB)** - Tai Ji Quan is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Although its origin can be traced to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common but potentially debilitating functional impairments/deficits.

**Chronic Pain Self-Management Program** - Chronic Pain and discomfort limit activities adults may enjoy. This workshop teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and develop an exercise regimen for pain management.

**Cancer: Thriving and Surviving Program** - This program is designed for adults facing the daily challenges of cancer treatment or how to cope with the end of treatment. Participants will learn techniques to deal with issues such as fatigue, pain, isolation, poor sleep, and living with uncertainty.

**Positive Self-Management Program (PSMP) for HIV** - PSMP for HIV is designed to enhance regular treatment and HIV specific education for those living with HIV. Participants will learn the skills to coordinate all the things needed to manage their health as well as to help them stay active in their lives.

*We offer Healthy Living Evidence Informed Programs.*

**For more information or to view our inspiring video and hear about the personal success stories from former participants at [www.healthyliving4me.org](http://www.healthyliving4me.org) or contact us at 978-946-1211.**



<https://www.facebook.com/HealthyLivingCenterofExcellence>



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“For 20 years I suffered with Type 2 Diabetes, High Blood Pressure, and COPD. On a routine visit my physician mentioned the six week My Life, My Health Chronic Disease Self-Management program. I called and joined the next workshop. Not only did I regain the quality of my life, I lost 70 pounds, improved my blood sugars, and reduced my blood pressure allowing me to breathe easier and participate in many social activities. There were many others I met with similar conditions that I am now proud to call friends and supporters.” -George Iannuzzo, HLCE Participant Ambassador

