



Helping People Help Themselves to Better Health



Health problems like diabetes, pain and heart disease, the fear of injury from a fall, the physical and emotional challenges of family caregiving, physical inactivity . . . do these concerns keep you from doing the things you want to do?

Help yourself to better health with a Wisconsin Institute for Healthy Aging (WIHA) health promotion program.

The Wisconsin Institute for Healthy Aging (WIHA) is a clearinghouse for evidence-based health promotion programs. What makes these programs special is that they have been researched and proven to provide health benefits and many have been shown to decrease health care utilization and costs. Ultimately, WIHA programs give people more control over their lives and health.

Find a Program – Take a Workshop

Check out our menu of programs, then find a workshop near you by visiting our website –

wihealthyaging.org

Or, contact us at
(608) 243-5690

Current WIHA Program Offerings

(see more on reverse side)

Living Well with Chronic Conditions

This 6-week (once-a-week) program is for adults of all ages who have one or more on-going health problems such as asthma, arthritis, heart disease, high blood pressure and others. It's been shown to reduce emergency room visits by 28%.

We also offer these program options:

Better Choices, Better Health - Online program

Tomando Control de su Salud - Spanish-language program

Healthy Living: Work & Home - Employer-based program.

What participants learn:

- ◆ Short-term goal setting
- ◆ Exercise & relaxation techniques
- ◆ Healthy eating and nutrition
- ◆ Stress & depression management
- ◆ Communicating effectively with their support and medical teams

Current WIHA Programs

wihealthaging.org

Healthy Living with Diabetes

Feel better and have more control over your diabetes with this 6-week (once-a-week) program. It's been shown to decrease emergency department visits by 53%!

We also offer a Spanish-language version of the program called Vivir Saludable con Diabetes.

What participants learn:

- ◆ About diabetes and goal-setting
- ◆ Exercise & relaxation techniques
- ◆ Healthy eating and nutrition
- ◆ Stress & depression management
- ◆ Communicating effectively with their support and medical teams

Healthy Living with Chronic Pain

This 6-week (once-a-week) program is for people who have on-going, persistent pain and teaches skills and strategies to help participants' confidence in their ability to manage their pain and maintain active and fulfilling lives.

What participants learn:

- ◆ About pain and goal-setting
- ◆ Physical activity and nutrition
- ◆ Mind-body connection
- ◆ About medications and pain
- ◆ Stress & depression management
- ◆ Communicating effectively with their support and medical teams

Stepping On (for falls prevention)

This falls prevention program meets once-a-week for 7 weeks and is proven to reduce falls risk by 31%. This group program is for people age 60 and older who have had a fall or are worried about falling.

What participants learn:

- ◆ Balance & strength exercises
- ◆ How medication & vision affect their fall risk
- ◆ How to get up safely if they do fall
- ◆ Ways to remove falls hazards at home and navigate safely outside

Powerful Tools for Caregivers Program

Powerful Tools for Caregivers is a six-week (once-a-week) workshop that teaches family caregivers how to take care of their physical, emotional and financial needs while caring for someone else. We also offer an adaptation of the program for parents caring for a child with a disability.

What participants learn:

- ◆ Stress reduction techniques
- ◆ Time management and decision-making
- ◆ Managing caregiving transitions
- ◆ Where to find and how to access local help and resources

Physical Activity for Lifelong Success (PALS)

Designed to help older adults become more active, PALS meets 3 times a week for 10 weeks, followed by 6 months of coaching. Circuit exercises coupled with behavior change strategies improve participants' physical activity. PALS improves walking speed and walking distance.

What participants learn:

- ◆ Strength & flexibility circuit exercises
- ◆ Setting goals & tracking activity
- ◆ Maintaining motivation
- ◆ Healthy eating & stress management
- ◆ Exercise safety

Walk With Ease

Walk With Ease is a six-week (three-times-a-week) education and exercise program designed to help people living with arthritis better manage their pain. The program is also ideal for people without arthritis who want to make walking a regular habit.

What participants learn:

- ◆ About arthritis and the relationship between arthritis, exercise, and pain
- ◆ Ways to make exercise safe and fun
- ◆ Planning, goal-setting, and strategies to help them stick with their exercise plan

Mind Over Matter: Healthy Bowels, Healthy Bladder

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a three-session workshop designed to give older women the tools they need to prevent and/or control of bladder and bowel leakage.

What participants learn:

- ◆ Low-impact pelvic floor muscle exercises (Kegels)
- ◆ How to adjust fluid and fiber intake to improve bladder and bowel function
- ◆ Group problem-solving and improved confidence in goal-setting