



WIHA offers researched & proven programs that help you manage your health, avoid illness and injury, and maintain independence. Have fun, learn with others, and get the support you need to make changes and stick to them!

## WIHA Programs

### Living Well with Chronic Conditions

This 6-week (once-a-week) program is for adults 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 a Spanish-language version of the program called **Tomando Control de su Salud.**

#### What you'll learn:

- Short-term goal-setting strategies
- Exercise & relaxation techniques
- Healthy eating & nutrition strategies
- 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 build confidence in your ability to manage your pain and maintain an active and fulfilling life.

#### What you'll learn:

- About pain & goal-setting
- Physical activity & nutrition strategies
- About the mind-body connection
- Stress & depression management
- About the relationship between medications & pain
- Communicating effectively with your support and medical teams

### 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 you'll learn:

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

## Stepping On

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

We also offer a Spanish-language version of the program called **Pisando Fuerte**.

### What you'll learn:

- Balance & strength exercises
- How medication, vision, and footwear affect falls risk
- How to navigate safely outdoors
- Ways to remove falls hazards at home & navigate safely outside

## Mind Over Matter: Healthy Bowels, Healthy Bladder

A 3-session (once every-other-week) program, MOM is designed to give women the tools they need to prevent and manage incontinence symptoms. MOM has been researched and proven to reduce bladder and bowel leakage.

We also offer a Spanish-language version of the program called **Control con Confianza**.

### What you'll learn:

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

## Stand Up for Your Health

Older adults average more than 60% of their waking hours in sedentary activities — mostly sitting. Too much sitting is bad for your health. Stand Up for Your Health is a 5-week (once-a-week, plus a refresher session) education program that has been researched and proven to help people sit less by standing more.

### What you'll learn:

- The consequences of too much sitting and the benefits of more standing
- Strategies for incorporating more standing time in your day
- To set achievable goals & address problems you encounter

## Walk with Ease

This 6-week (three-times-a-week) education and exercise program is designed to help people living with arthritis better manage their pain. Walk With Ease is ideal for those with or without arthritis who want to be more physically active.

### What you'll learn:

- About arthritis & the relationship between arthritis, exercise, and pain
- Ways to make exercise safe and fun
- Planning, goal-setting, & strategies to help you stick with your exercise plan