VIRTUAL HEALTH AND WELLNESS WORKSHOPS

As a result of the COVID-19 outbreak, events and gatherings have been cancelled or postponed and many older adults are staying safer at home. Participating in online health and wellness workshops from a computer or tablet at home is a great alternative to attending in-person workshops. The ADRC is now offering a limited amount of registrations free of charge for the workshops outlined below.

You may qualify, if you:

• Are a Waukesha County resident
• Are 60 years or older
• Are comfortable using technology and navigating the internet
• Have access to a computer, tablet, or smart phone with internet

Better Choices, Better Health

Better Choices, Better Health is an online program for people ready to manage a chronic condition. Designed and researched at Stanford University, the same developers of the in-person Living Well with Chronic Conditions program, this program helps people with a wide range of conditions such as anxiety, arthritis, asthma, cancer, chronic fatigue syndrome, chronic pain, COPD, depression/mental health, diabetes (type 1 and type 2), hypertension, and many others.

This self-management workshop is done entirely online. Simply log on 2-3 times each week for a total of 1-2 hours per week for six consecutive weeks. The web-based workshops are secure and meet government privacy requirements. Volunteer lay leaders, many of whom also have ongoing health issues, help guide the workshops, facilitate discussions, and provide support. The workshop is set up to provide many opportunities for members to learn and problem-solve together. Group members also help each other stay on track with action plans, goal-setting, brainstorming, and general support.

Workshop topics include:

- How to deal with frustration, fatigue, and pain
- Ways to maintain and improve your strength, flexibility, and endurance
- Healthy eating and exercise
- How to communicate more effectively with family, friends, and health
- How to better determine whether a new treatment or medicine is right for you

Program Requirements:

• Have, or live with someone who has, a chronic condition
• Commit to log on for 6 consecutive weeks
**Eat Smart, Move More, Weigh Less**

Eat Smart, Move More, Weigh Less was developed by professionals from North Carolina State University and the NC Division of Public Health. Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Each lesson includes:

- Information about why the behavior is important for weight loss/maintenance
- Practical strategies for adopting the behavior
- 3-5 minute physical activity break
- Ways concepts can be adopted by the whole family
- Opportunity for sharing and celebrating
- Suggestions for living mindfully
- Guided discussion of strategy for the week

**Program Requirements:**

- Commit to virtually attend **live** weekly sessions for 15 weeks

To learn more, please contact the Health Promotions Coordinator at 262-548-7848.