

Waukesha County

Health Promotion Opportunities

Eat Smart, Move More, Weigh Less

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.

Details: The next 15-week series begins the week of August 8th

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Boost Your Brain & Memory

Dementia is not a normal part of aging. Although genetics do play a role in whether we may develop dementia, studies prove that how we live our lives plays an even larger role. Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness. Instructor-led activities guide participants through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the eight weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized, and pay closer attention.

Details: This workshop will meet in-person at Stoney Creek Adult Community, S69W14142 Tess Corners Drive, Muskego, WI 53150. Sessions will be held on Wednesdays, September 1 – October 20, 2021 from 9:30 am – 11:00 am.

Contact: Register by contacting Stephanie at Stoney Creek: 414-422-4686

See next page for additional listings

Healthy Living with Chronic Pain

Living day-to-day with ongoing, persistent pain presents numerous challenges. During this six-week workshop, participants learn skills and strategies that will help them meet the challenges chronic pain presents in their lives. Topics include debunking the myths of chronic pain, balancing rest and activity periods, learning the Moving Easy Activity Program, medication management, and how to build action plans. Adults who have, or live with someone who has, chronic pain such as headaches, low back pain, arthritis pain, fibromyalgia, and neuropathy are encouraged to sign up for this workshop.

Details: This workshop will be held in-person at the Waukesha County Aging & Disability Resource Center, Human Services Center, 514 Riverview Avenue, Waukesha, WI 53188. Sessions will be held on Tuesdays, October 12 – November 20, 2021 from 1:30-4:00 pm.

Contact: Register by contacting Katie at the ADRC: 262-548-7848 or kriemenschneider@waukeshacounty.gov

Stepping On

This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. Stepping On is for people who are age 60 or older, do not have dementia, and who live independently.

Details: This workshop will be held in-person at Learning in Retirement, WCTC, Waukesha Campus, 327 E. Broadway, Waukesha, WI 53186. Sessions will be held on Mondays, September 13 – October 25, 2021 from 1:30-3:30 pm.

Contact: Register by contacting the Learning in Retirement of Waukesha County (LIRWC): 262-695-3473 or lir@wctc.edu