

# Waukesha County Health Promotion Opportunities

## **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 Ascension SE Wisconsin Hospital – Elmbrook Campus, lobby conference room, 19333 West North Avenue, Brookfield, WI 53045. Sessions will be held on **Mondays, October 3 – November 21** (skipping Oct. 17) from 9:30 – 11:30 am.

**Contact:** To register, call 262-785-2293.

## **Powerful Tools for Caregivers (Virtual)**

There are often physical, emotional, and financial challenges that arise when caring for a family member or friend. *Powerful Tools for Caregivers* helps participants learn to reduce stress and improve communication with the care receiver, medical provider, family members, and others. During this focused six-week workshop, caregivers learn how to develop action plans, solve problems, manage time, and make caregiving transitions including tough decisions. After completing this course, many participants report they were able to overcome the challenges that come with caregiving.

**Details:** This workshop will be held virtually on **Mondays, October 3 – November 7** from 2:30 – 4:00 pm. Workshop provided by ProHealth Care and is free of charge. Participants must have a computer or tablet with internet, audio, and a camera to participate in this online workshop.

**Contact:** To register, visit: <https://www.prohealthcare.org/classes-events/>. Contact Laura Armstrong at 262-928-4059.

See next page for additional listings

### **Healthy Living with Chronic Pain (Virtual)**

Chronic pain can cause severe stress and turmoil for individuals and their families, changing the way people live on a day-to-day basis. This research-based workshop provides information and coping strategies to help people take control, better manage their pain, work more effectively with health care providers, and improve their quality of life.

**Details:** This workshop will be held virtually on **Fridays, October 7 – November 11** from 10:00 am – 12:30 pm. Workshop provided by ProHealth Care and is free of charge. Participants must have a computer or tablet with internet, audio, and a camera to participate in this online workshop.

**Contact:** To register, visit: <https://www.prohealthcare.org/classes-events/>. Contact Laura Armstrong at 262-928-4059 with questions.

## **A Cup of Health Series**

### **October & November Topic: The Importance of Laughter and Health**

It has been said that laughter is the best medicine. Actually, in most cases medicine is the best medicine, but laughter can be good for your health. Come learn how laughter reduces stress, boosts our immune system, aids in protecting our heart, and even burns calories. Also learn fun simple ways to add more laughter into your life.

This presentation will be held at the Menomonee Falls Senior Center in October and the Elm Grove Public Library in November. Please contact the host site to register in advance.

#### **Menomonee Falls Senior Center October 25 | 10:00 am – 11:00 am**

W152N8645 Margaret Road  
Menomonee Falls, WI 53051

Register in person or online at [t.ly/ch8Q](https://t.ly/ch8Q)

(Type this URL as it appears into your internet search browser. URL is case sensitive)

#### **Elm Grove Public Library November 22 | 1:30 pm – 2:30 pm**

13600 Juneau Boulevard  
Elm Grove, WI 53122

Register by visiting [elmgrovelibrary.org](http://elmgrovelibrary.org)

(click the Programs & Events tab, then click Adult Programs)