

Waukesha County

Health Promotion Opportunities

Healthy Living with Diabetes

This workshop is ideal for any adult who has, or lives with someone who has, pre-diabetes or type 2 diabetes. Participants gain knowledge and learn new skills to increase their confidence in managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during these six weekly sessions. The program does not replace existing treatments but serves to complement a participant's current medical treatment plan.

Class details: This workshop will be held **in-person** on Thursdays, April 20-May 25, 1-3:30pm. First United Methodist Church, 121 Wisconsin Ave. Waukesha, WI 53186

Contact: Courtney 262-548-7835 or cklepp@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.

Class details: This workshop will be held **in-person** on Tuesdays, 10am-12pm, April 25-June 6. Located at Aurora Summit 36500 Aurora Dr. Summit, WI 53066

Contact: Courtney 262-548-7835 or cklepp@waukeshacounty.gov

Living Well with Chronic Conditions

For adults who are not suffering from dementia but have one or more chronic (ongoing) health condition. Heart and lung problems, high blood pressure, high cholesterol, chronic pain, arthritis, and asthma, as well as Crohn's disease and depression are a few examples of a chronic ongoing condition. During this highly participative six-week workshop you will learn practical ways to deal with complications that arise with ongoing health conditions. With mutual support, participants learn to better manage their conditions and maintain healthy active lives. Those who live with someone who has an ongoing health problem will also benefit from this workshop.

Class details: This workshop will be held **in-person** on Mondays, 1-3:30 pm, March 20-April 24. Located at Waukesha Memorial Hospital

Contact: Laura Armstrong 262-928-4059

Walk with Ease

Don't let arthritis or inactivity sideline you! Living with arthritis pain can be debilitating and keep you from doing the things you enjoy. The Arthritis Foundation's Walk With Ease program is proven to make a big difference in your health- and your life. In just 6 weeks, you'll learn strategies to better manage your arthritis and experience how moving can make a difference in your life and health. Take charge of your health and get back to doing the things that matter to you – join a Walk with Ease class.

Details: This workshop will be held **in-person** on Tuesdays, Thursdays, and Fridays, 1-2pm, May 16-June 23. Located at West Wood Health & Fitness Center.

Contact: Laura Armstrong 262-928-4059

AARP Safer Driving Refresher Course, April 14, 1-5pm, located at Aurora Medical Center, 36500 Aurora Dr. Summit, WI 53066. **Call 262-896-7910** to register. \$20 for AARP members, \$25 for non-member