



Michigan Area Agencies on Aging Summer 2024 Online Workshop Schedule

Evidence-Based Programs:

- Cancer PATH
- Chronic Pain PATH
- Diabetes PATH
- PATH: Personal Action Toward Health
- Arthritis Foundation Exercise Program
- Aging Mastery Program
- Matter of Balance
- Powerful Tools for Caregivers
- Savvy Caregiver Program
- Enhance Fitness



CANCER PATH: A 6-week on-line workshop using Zoom

For individuals with any kind of cancer. Whether newly diagnosed, in active treatment, or living beyond active treatment, this program helps survivors improve how they manage their situation to cope and feel better. Topics include: dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and living with uncertainty or fear of recurrence. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Wednesday Afternoon: 1:00pm - 3:30pm August 7 – September 11
TO REGISTER: CALL 517. 592.1974 or email livingwellprograms@wellwiseservices.org



DIABETES PATH: A 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with pre-diabetes or Type 1 or Type 2 Diabetes improve how they manage their situation to cope and feel better. Topics include: monitoring and balancing blood sugar, creating meal plans, decreasing stress, dealing with difficult emotions, and preventing complications. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Thursday Afternoons: 1:00pm - 3:30pm July 11 -August 15
TO REGISTER: CALL 313.397.8227



Enhance Fitness is an evidence-based group exercise and falls prevention program, helping older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives.

Monday, Wednesday, & Friday Mornings: 11:00am -12:00pm Ongoing
TO REGISTER: CALL 313.833.7080 ext. 223 or email a.kanakaris@stpatsrctr.org



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

An Interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. They set goals for increasing their activity levels and make changes to reduce their risk of falls. Participants learn and practice exercises to help with their balance. Sessions meet twice a week for 2 hours each via Zoom. Participants will need a webcam and a microphone to participate.

Tuesday & Thursday Afternoons: 1:00pm – 3:00pm July 16 – August 8
TO REGISTER: CALL 517.592.1974 or email livingwellprograms@wellwiseservices.org

Powerful Tools FOR Caregivers

POWERFUL TOOLS for CAREGIVERS: A 6-week on-line workshop using Zoom

Whether you are helping a parent, spouse, friend, or someone who lives at home or in a nursing home, this workshop will focus on self-care for you. This program teaches caregivers how to reduce stress, relax, make tough decisions, reduce guilt, anger, and depression, and communicate effectively with family, providers, and care staff. Sessions meet once a week for 2 hours via Zoom.

Wednesday Evenings: 6:00pm- 7:30pm August 14- September 18
TO REGISTER: email wellnessprograms@ageways.org or call 833.262.2200
Wednesday Afternoons: 1:30pm-3:00pm October 23- November 27
ONLINE REGISTRATION AT <https://forms.office.com/r/BAjyPxTULU>



DEMENTIA CAREGIVING SERIES

A 3-part webinar for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Tuesday Mornings: 10:30am - 12:00pm August 13, 20, 27
TO REGISTER: CALL 517.592.1974 or email livingwellprograms@wellwiseservices.org

Thursday Afternoons: 1:00pm – 2:30pm September 5, 12, 17
ONLINE REGISTRATION AT <https://forms.office.com/r/BAjyPxTULU>



DEMENTIA FRIENDS

Everyone can benefit by better understanding dementia and how to interact with people who have this disease. This is a great introductory session for all employees, board members, new staff, and the general public!

Tuesday	12:00pm - 1:30pm	July 9
Tuesday	12:00pm - 1:30pm	September 10
Tuesday	12:00pm - 1:30pm	November 12

TO REGISTER: CALL 517.592.1974 or email livingwellprograms@wellwiseservices.org

Other programs available online—

Webinars 1:00pm -2:00pm

July 10: Importance of your Feet & Balance: Chair Yoga

July 12: Creating Healthy Boundaries

August 15: What Color is Your Food? Why that is Important?

August 16: Preparing for Loss Death, Dying and Grieving

September 11: Heart-Healthy Cooking Made Easy

September 13: Maintaining Health During Challenging Times

October 9: Financial Wellness: Ideas for Reducing Expenses

October 11: The Emotional Side of Caregiving

November 8: Gratitude Explosion

Caregiver Webinar Series Registration: <https://forms.office.com/r/3KHHTV31qe>

Healthy Living Webinar Series Registration: <https://forms.office.com/r/cbsY8HVORr>