



# Michigan Area Agencies on Aging

## January – March, 2026 On-Line Workshop Schedule

### Evidence-Based Programs:

- Cancer PATH
- Chronic Pain PATH
- Diabetes PATH
- PATH: Personal Action Toward Health
- Dementia Caregiver Series
- Enhance Fitness
- Matter of Balance
- Powerful Tools for Caregivers
- Savvy Caregiver Program



### 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.

Thursday Afternoons:      January 15 – February 19, 2026      12:00 – 2:00 pm

TO REGISTER call (517) 592-1974 or email [livingwellprograms@wellwiseservices.org](mailto:livingwellprograms@wellwiseservices.org)



### CHRONIC PAIN PATH: A 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with chronic pain improve how they manage their situation to cope and feel better. Topics include: pacing and planning for optimal energy, dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and positive thinking. 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.



### 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.



## **PATH (Personal Action Toward Health): 6-week on-line workshop using Zoom**

An Interactive workshop that helps individuals with any kind of chronic condition improve how they manage their situation to cope and feel better. Topics include: healthy eating, being active, managing difficult emotions, managing pain and fatigue, getting better sleep, and preventing falls. 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.



## **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 and Friday Mid-Mornings**

**January 27 – February 20, 2026**

**11:00 am – 1:00 pm**

**TO REGISTER call (517) 592-1974 or email [livingwellprograms@wellwiseservices.org](mailto:livingwellprograms@wellwiseservices.org)**



## **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.

**Thursday Evenings**

**January 14 – February 18, 2026**

**6:00 pm – 7:30 pm**

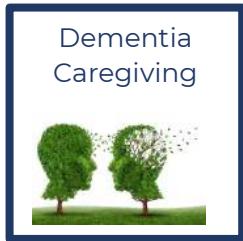
**TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)**

**Thursday Evenings**

**January 14 – February 18, 2026**

**6:00 pm – 7:30 pm**

**TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**



### **Dementia Caregiver Series: 3-week series for dementia caregivers**

The Dementia Caregiving Series is a 3-session series ideal for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

**Tuesday Evenings**

**January 13 – January 27, 2026**

**5:00 – 6:30 pm**

**TO REGISTER call (517) 592-1974 or email [livingwellprograms@wellwiseservices.org](mailto:livingwellprograms@wellwiseservices.org)**



### **Savvy Caregiver: A 6-week on-line workshop using Zoom**

If you are an active caregiver of a family member or friend with dementia living at home, The Savvy Caregiver Program will help you gain special skills and knowledge you will need to be successful. In this workshop you will learn how to manage daily life, take control and set goals, communicate more effectively, strengthen family resources, feel better about your caregiving situation, and take care of you!

**Tuesday Afternoons**

**January 20 – February 24, 2026**

**3:00 – 5:00 pm**

**To register, call Tri-County Office on Aging at 517-887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)**



**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.

**Classes are offered virtually on Mondays, Wednesdays, and Fridays**

**11:00am -12:00pm**

**TO REGISTER, CALL 313.833.7080, ext. 223 or email [a.kanakaris@stpatrcrtr.org](mailto:a.kanakaris@stpatrcrtr.org)**