# Free Evidence-Based Online Live Webinar and Telephone Health Education Programs for Adults Age 60+

The Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The evidence-based programs listed are offered at no charge and are sponsored by Northeast Florida AHEC, ElderSource and the Department of Elder Affairs. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.

**Contact: Northeast Florida AHEC for registration & additional information at (904) 482-0189 or 1-877-784-8486 Toll Free, or visit our website at www.northfloridaahec.org.**

## Active Living Every Day

This program addresses the root causes of inactivity rather than simply prescribing exercise. Participants of this interactive program learn the skills they need to become and stay physically active. These skills include identifying and addressing barriers to physical activity, increasing self-confidence about becoming physically active, creating realistic goals and rewards for physical activity, developing social support, and recovering from lapses in physical activity. The one-hour classes meet once a week for 12 weeks. Offered as an online live webinar or by telephone.

## Chronic Pain Self-Management Program

Learn tools to help manage chronic pain like communicating effectively; setting goals, action planning, evaluating new treatments, and appropriate use of medications. Also learn techniques to deal with frustration, fatigue, isolation, and poor sleep; and appropriate exercises to safely improve flexibility and increase circulation. Mutual support and success build confidence in managing health and maintaining active and fulfilling lives. Offer as a series of six weekly phone calls.

1. **Fridays, September 25 – October 30, 2020 at 9:30 a.m.**

## Diabetes Self-Management Program

Participants in this interactive program learn techniques to manage their blood sugar, prevent or reduce disease related complications such as foot and vision problems, discover better nutrition and exercise choices, set goals, problem solve, and communicate effectively with family and health care providers. The series of six weekly sessions are offered as an online live webinar or by telephone.

1. **Fridays, September 18 – October 23, 2020 at 10:00 a.m.**
2. **Wednesdays, September 30 – November 4, 2020 at 1:00 p.m.**
3. **Thursdays, October 15 – November 19, 2020 at 9:20 a.m.**
4. **Mondays, October 19 – November 23, 2020 at 10:00 a.m.**

**See pages 2-3 for additional free programs.**

NORTHEAST FLORIDA AHEC
New Directions in Community Health
@NEFAHEC

ElderSource
start here for help

Department of ELDER AFFAIRS
STATE OF FLORIDA

**Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs.** *Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The programs listed are offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.*

# Free Evidence-Based Online Live Webinar and Telephone Health Education Programs for Adults Age 60+

## Diabetes Empowerment Education Program

Are you living with diabetes or pre-diabetes and want to have fun while learning how to manage diabetes and prevent complications? Workshops are interactive and involve demonstrations, role play, games, and other engaging activities. Join us and enjoy the benefits of a healthier, more energetic lifestyle! The two-hour live webinars meet once a week for six weeks.

1. **Thursdays, October 1 – November 5, 2020 at 1:00 p.m.**

## Healthy Eating Every Day

Participants of this interactive program learn how to select the right balance of foods for optimal health, develop and maintain healthy eating habits, use lifestyle management skills to cope with triggers for unhealthy eating, set realistic goals, and rewards. The one-hour classes meet once a week for 14 weeks. Offered as an online live webinar or by telephone.

## Living Healthy- Chronic Disease Self-Management Program

Participants in this interactive program learn techniques to manage their chronic conditions, communicate effectively with family and health care providers, manage pain and fatigue, set goals, problem solve, and discover better nutrition and exercise choices. The series of six weekly classes are offered as live online webinars or by telephone.

1. **Mondays, September 21 – October 26, 2020 at 1:00 p.m.**
2. **Tuesdays, September 29 – November 3, 2020 at 7:00 p.m.**
3. **Mondays, October 5 – November 9, 2020 at 1:00 p.m.**
4. **Tuesdays, October 6 – November 10, 2020 at 10:00 a.m.**

## Tai Chi for Arthritis

A safe, easy to learn, and effective form of Sun style Tai Chi for people with Arthritis. The program incorporates exercises that improve muscular strength, flexibility, and fitness. The program includes mind and body integration, fluid movements, and controlled breathing. It also focuses on weight transference, which improves balance and prevents falls. The one-hour live webinars meet twice weekly for eight weeks.

1. **Mondays & Wednesdays, September 28 – November 23, 2020 at 9:30 a.m.**
2. **Tuesdays & Fridays, September 29 – November 20, 2020 at 1:30 p.m.**

**See page 3 for additional free programs.**

NORTHEAST FLORIDA AHEC
New Directions in Community Health
@NEFAHEC

ElderSource
start here for help

Department of ELDER AFFAIRS
STATE OF FLORIDA

**Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs.** *Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The programs listed are offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.*

# Free Evidence-Based Online Live Webinar and Telephone Health Education Programs for Adults Age 60+

## Mental Health Counseling

We want you to know that we are thinking of you. When faced with uncertainty, it is important to take the time to check in with ourselves and our mental wellbeing. If you are experiencing difficult emotions, distress, or a crisis, we understand and can provide you with support. Call us to schedule an appointment with a licensed mental health counselor.

## Telephone Reassurance Program

Schedule a friendly call with us and tell us how you are feeling today. Do you have concerns, need support, information, or guidance? Are your needs being met? What services can I connect you to? You may be at home, but you are not alone!

## Shopping Assistance Program

Shopping assistance can provide you with the help you need to obtain the supplies you need without having to leave your home. We can assist with setting up a grocery or meal delivery service, connect you to community resources for food assistance, and much more!

## Medication Management Program

Participants of the Medication Management Program learn how their eating habits, over-the-counter medications, vitamins, and home remedies can interact with their medications. Join us to gain the knowledge and skills needed to decrease possible side effects of medications and proper medication storage. You can also schedule a live one-on-one medication review webinar session with a pharmacist.

NORTHEAST FLORIDA AHEC
New Directions in Community Health
@NEFAHEC

ElderSource
start here for help

Department of ELDER AFFAIRS
STATE OF FLORIDA

**Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs.** *Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The programs listed are offered, at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.*