Free Wellness Programs for People 60 and Up

The Northeast Florida Area Health Education Center, 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 and are sponsored by Northeast Florida AHEC, ElderSource, and the Department of Elder Affairs. Service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties. All program materials are mailed to registered participants at no charge. **Contact Northeast Florida AHEC for additional information and registration (904) 482-0189 or 1-877-784-8486 Toll Free.**

A Matter of Balance - Managing Concerns About Falls - An interactive fall prevention and exercise program to reduce the fear of falling and increase activity levels of older adults who have concerns about falls. Participants receive practical coping and falls risk management strategies, and exercises to increase balance and strength. The two-hour sessions meet twice a week for four weeks.

1. **Conviva Orange Park: Mon. & Wed. February 1 – February 25, 2021 at 12:00**
2. **Online Live Webinar: Mon. & Wed. March 8 – April 5, 2021 at 10:00 a.m.**

Living Healthy Workshop - Chronic Disease Self-Management Program - Participants in this interactive program learn techniques to manage their chronic conditions, communicate effectively, manage pain and fatigue, set goals, problem solve, and discover better nutrition and exercise choices. The live webinar or phone sessions meet once a week for six weeks.

1. **Online Live Webinar: Fridays, February 26 – April 2, 2021 at 9:30 – 10:30 a.m.**

Chronic Pain Self-Management Program - Learn tools to help manage chronic pain like exercises to safely improve flexibility and increase circulation, mind, and body relaxation, setting goals, action planning, evaluating new treatments, and appropriate use of medications. Also learn techniques to deal with frustration, fatigue, and poor sleep. The live webinar or phone sessions meet once a week for six weeks.

1. **Online Live Webinar or by Phone: Fridays, February 26 – April 2, 2021 at 11:00 a.m. – 12:00 p.m.**

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? The workshops are interactive and involve demonstrations and other engaging activities. Join us and enjoy the benefits of a healthier, more energetic lifestyle! The two-hour live webinar sessions meet once a week for six weeks.

1. **Online Live Webinar: Tuesdays, March 30 – May 4, 2021 at 1:00 p.m.**

Healthy Eating Every Day - Do you know that there are no "bad" foods? What is the difference between a portion and a serving? Learn ways to develop and or maintain healthy eating habits, menu and produce tips, use lifestyle management skills to cope with triggers for unhealthy eating, set realistic goals, and rewards in a supportive and fun group setting. The one-hour weekly classes are offered as live online webinars or by telephone for fourteen weeks.

1. **Online Live Webinar or by Phone: Thursdays, April 1 – July 1, 2021 at 1:00 p.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 live webinar or phone sessions meet once a week for six weeks.

1. **Online Live Webinar: Wednesdays, April 7 – May 12, 2021 at 9:30 a.m. – 12:00 p.m.**

Savvy Caregiver's Program -This program empowers those who care for persons living with neurocognitive disorders. Participants in this interactive program develop strategies and master skills that will help in their personal caregiving situation, find ways to reduce the effects of stress through planning and self-care, and increase the contented involvement of the person receiving care. The two-hour classes meet weekly for six weeks.

1. **Online Live Webinar: Fridays, April 9 – May 14, 2021 at 9:30 a.m.**

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