

Healthy Living Programs      FALL 2013

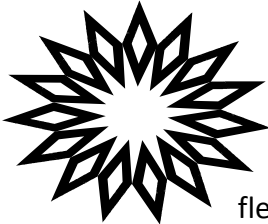
Aging & Disability Resource Center of Central Wisconsin



**Arthritis Foundation Exercise Program**

An exercise program designed to help those who have joint and/or muscle problems achieve improved joint mobility, muscle strength and endurance in order to improve the performance of their daily activities. Classes are offered 2 times per week for an hour. \*Scholarships are available to those in financial need.

Location	Dates/Time	
<b>Marshfield Senior Community Center</b> <b>Cost: \$3/class</b>	September 10-November 21 & December 3-19 *No class 11/5 T & Th <b>9:00-10:00 AM</b>	Call the <b>ADRC-CW</b> for more information or just drop-in & try it! <b>1-888-486-9545</b>
<b>Pittsville- Nancy Nye Apartments</b> <b>Cost: \$3/class</b>	September 9-October 30 M & W <b>1:00-2:00 PM</b>	Call the <b>ADRC-CW</b> for more information, <b>1-888-486-9545.</b>
<b>Wisconsin Rapids- Lowell Center</b> <b>Cost: \$1.25/class</b>	September 9-October 30 & November 11-December 11 M & W <b>9:00-10:00 AM</b>	Call the <b>Lowell Center</b> to register or for more information, <b>715-421-1051.</b>



**Tai Chi**

Tai Chi is an ancient Chinese exercise that combines relaxed, fluid movement with a calm, alert mental state. It is a non-impact exercise that builds endurance and enhances flexibility, balance and coordination. Tai Chi can be practiced by most people of all ages and most physical conditions. Regular practice helps develop healthy breathing patterns and relaxation skills, while also strengthening the body with minimal stress to the joints, and improving coordination and strength. Classes are offered 1 or 2 times per week for an hour.

\*Scholarships are available to those in financial need.

Location	Dates/Time	
<b>Marshfield Senior Community Center</b> <b>Cost: \$3/class</b>	September 10-November 21 & December 3-19 Class at Wesley UMC: <b>9/24, 10/22 &amp; 11/5</b> T & Th <b>10:15-11:15 AM</b>	Call the <b>ADRC-CW</b> for more information or just drop-in & try it! <b>1-888-486-9545</b>
<b>Wisconsin Rapids- Lowell Center</b> <b>Cost: Part I: \$24; Part II: \$28</b>	September 12, 19, 26, October 3, 10, 17, 25, & 31 Part I: <b>10:30-11:30</b> Part II: <b>10:30-11:45</b>	Advance registration is required. Call the <b>Lowell Center</b> to register. <b>715-421-1051</b>

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**Strong Bones**



Strong Bones is an ongoing exercise program designed to help adults become or stay fit, strong, and healthy. Individuals will improve muscle strength, bone density, self-confidence, sleep and vitality. Also, participants have shown a decreased risk of diabetes, heart disease, arthritis, depression and obesity. Class meets 2 times per week for 1 hour. \*Scholarships are available to those in financial need.

Location	Dates/Time	
<b>Marshfield-</b> Good Shepherd Lutheran Church- McMillan St. <b>Cost: \$3/class</b>  *Offered in collaboration with the Wood County Health Department	September 9-November 20 & December 2-18 M & W <b>10:00-11:00 AM</b>	Call the <b>ADRC-CW</b> for more information or just drop-in & try it! <b>1-888-486-9545</b>
<b>Wisconsin Rapids-</b> First Congregational Church- UCC, 311 2 <sup>nd</sup> Street S <b>Cost: \$3/class</b>	September 10-November 15 T & F <b>10:15-11:15 AM</b>	Call the <b>ADRC-CW</b> for more information or just drop-in & try it! <b>1-888-486-9545</b>
<b>Nekoosa Community Center-</b> 416 Crestview Lane <b>Cost:\$3/class</b> *Sponsored by City of Nekoosa and the Nekoosa Community Center	Session 1: September 10-October 3 Session 2: October 31-December 12 T & Th <b>10:30-11:30 AM</b>	Call <b>Joyce</b> with the <b>Nekoosa Community Center</b> for more information, <b>715-451-2771</b>

**Healthy Hearts**



Healthy Hearts is a fun, hands-on way to make positive changes to help you eat better, move more, and improve your general health and well-being. Each class has cardiovascular exercise and discussion around eating for heart health and hands-on cooking activities. Exercise will be low to moderate intensity and consist of indoor/outdoor walking and/or dancing. Classes meet 2 times a week for about an hour and fifteen minutes. Pre-registration is required. New participants are taken until the 2<sup>nd</sup> week.

Location	Dates/Time	
<b>Wisconsin Rapids-</b> First Congregational Church- UCC, 311 2 <sup>nd</sup> Street S <b>Cost: FREE, aged 60+; Under 60, \$10</b>  *Offered in collaboration with the Wood County Health Department	Informational session: <b>October 1<sup>st</sup> 9:00-10:15</b> Class session: October 8- December 13 T & F <b>9:00-10:15 AM</b>	Advance registration is required. Please call <b>Ciara</b> at the ADRC to sign up. <b>715-424-8468</b>

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**Arthritis Foundation**  
**Walk With Ease Program**<sup>SM</sup>



Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation *Walk with Ease Program* can help. The program will teach you how to safely make physical activity part of your everyday life. Unlike many other walking programs, Walk with Ease offers support, information and tools to help you keep walking a regular part of your life. By going to classes, you'll learn how to handle any challenges to your exercise plan and will also get the support and tools you need to help set and reach your goals. Class meets 2-3 times per week for approximately 1 hour. Pre-registration is required. New participants are taken until the 2<sup>nd</sup> week.

Location	Dates/Time	
<b>Nekoosa</b> Area Senior Community Center- 416 Crestview Lane <b>Cost:</b> FREE, aged 60+; Under 60, \$10	October 8-November 14 T & Th <b>9:15-10:15 AM</b>	Advance registration is required. Please call <b>Ciara</b> at the ADRC to sign up. <b>715-424-8468</b>
<b>Marshfield</b> Mall 503 E Ives Street- Community Room <b>Cost:</b> FREE, aged 60+; Under 60, \$10  *Offered in collaboration with the Wood County Health Department	October 7-November 13 M & W <b>11:30 AM-12:30 PM</b>	Advance registration is required. Please call <b>Ciara</b> at the ADRC to sign up. <b>715-424-8468</b>
<b>Pittsville</b> Community Center- 8257 Main Street <b>Cost:</b> FREE, aged 60+; Under 60, \$10	October 28-December 4 M & W <b>11:30-12:30 PM</b>	Advance registration is required. Please call <b>Ciara</b> at the ADRC to sign up. <b>715-424-8468</b>

**Powerful Tools for Caregivers**



*Powerful Tools for Caregivers* is an educational program designed to provide you with the tools you need to take care of yourself. Participants will learn to reduce stress, improve self-confidence, better communicate feelings, balance life, increase ability to make tough decisions, and locate helpful resources. Class meets 1 time per week for an hour and 45 min.

Location	Dates/Time	
<b>Marshfield-</b> Wesley United Methodist Church, 205 E Third Street <b>Cost:</b> FREE, aged 60+; Under 60, \$10	October 30-December 4 Wednesdays <b>1:00-2:45 PM</b>	Advance registration is required. Please call the ADRC to sign up. <b>1-888-486-9545</b>

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**Living Well with Chronic Conditions**



Sick and tired of being sick and tired? This program is encouraged for those who suffer from any chronic condition. Living Well with Chronic Conditions provides the tools to help manage symptoms and overcome obstacles. Subjects covered include: techniques to deal with fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition; and making informed treatment decisions. Classes meet for 2 ½ hours once a week for 6 weeks. Pre-registration is required. New participants are taken until the 2<sup>nd</sup> week.

Location	Dates/Time	
<b>Wisconsin Rapids-</b> Aging & Disability Resource Center, 220 3 <sup>rd</sup> Ave S <b>Cost:</b> FREE, aged 60+; Under 60, \$10  *Offered in collaboration with the Wood County Health Department	October 22-November 26 Tuesdays <b>1:00-3:30 PM</b>	Advance registration is required. Please call <b>Ciara</b> at the ADRC to sign up. <b>715-424-8468</b>



**Stepping On: Building Balance and Reducing Falls**

If you have balance problems, have had a fall or have a fear of falling this class is for you. *Stepping On: Building Balance and Reducing Falls*, is a program which covers exercises to build strength and improve balance, plus education in how to manage medications, home safety, changes in vision and balance, community safety, footwear and travel. Join us for this fun and interactive program. Class meets 1 time per week for 2 hours. Pre-registration is required. New participants are taken until the 2<sup>nd</sup> week.

Location	Dates/Time	
<b>Marshfield Fire &amp; Rescue Department-</b> 514 E 4 <sup>th</sup> Street <b>Cost:</b> Free, aged 60+; Under 60, \$10	October 7-November 18 Mondays <b>1:30-3:30 PM</b>	Advance registration is required. Please call <b>Ciara</b> at the ADRC to sign up. <b>715-424-8468</b>
<b>Wisconsin Rapids-</b> Riverview Hospital, 410 Dewey Street, Conference Rm A <b>Cost:</b> FREE, aged 60+; Under 60, \$10	October 11-November 22 Fridays <b>1:00-3:00 PM</b>	Advance registration is required. Please call <b>Ciara</b> at the ADRC to sign up. <b>715-424-8468</b>