

Evidence Based Health Programs

Portage County Area 2020



Healthy Living with Diabetes

A seven-week class to help adults living with type 2 diabetes, pre-diabetes, or who care for someone that does. In this weekly interactive class, learn to set goals, problem-solve, improve blood sugar, make healthy food choices, and new solutions to live well.

Location	Date – Time
Stevens Point ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Thursdays February 6 - March 19 1-3:30 p.m.
Stevens Point ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Wednesdays, May 6 - June 17 1-3:30 p.m.
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Pre-registration is required 715-346-1401	

Stepping On for Falls Prevention

A seven-week class to help adults reduce falls and stay active. In this weekly interactive class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go.

Location	Date – Time
Stevens Point ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Thursdays April 2 to May 14 1-3 p.m.
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Pre-registration is required 715-346-1401	

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM)

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a program designed to give women the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms including information-sharing, group activities, simple exercises, and dietary changes.

Location	Date – Time
Stevens Point ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Thursdays April 2, 16, and 30 10-Noon
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Pre-registration is required 715-346-1401	

Living Well with Chronic Conditions

A six-week class to help adults with an ongoing health condition like arthritis, diabetes, or heart disease, live a healthy life and feel better. In this weekly interactive class, learn to set goals, problem-solve, cope with common symptoms, form healthy routines, and discover new solutions to live well.

Location	Date – Time
<u>Stevens Point</u> ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Mondays February 3rd – March 9th 1-3:30 PM
<u>Stevens Point</u> ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Wednesdays April 1 – May 6 9:00-11:30 am
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Pre-registration is required 715-346-1401 or 1-866-920-2525	

Healthy Living With Chronic Pain

This workshop is for people who have on-going, persistent pain. Workshops meet for 2-1/2 hours once a week for six consecutive weeks. This community-based program is very interactive, where mutual support and success build participants' confidence in their ability to manage their pain and maintain active and fulfilling lives.

Location	Date – Time
<u>Stevens Point</u> ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Thursdays, April 2 to May 7th 1 to 3:30 PM
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Pre-registration is required 715-346-1401 or 1-866-920-2525	

Powerful Tools for Caregivers

This 6-week workshop that teaches tools and strategies to for challenges caregivers face. Topics include, reducing guilt, anger, and stress; communicating with family and doctors; goal setting and problem solving. Respite care available for loved one while attending workshop.

<u>Stevens Point</u> ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Thursdays April 2nd through May 7th 10:00 a.m. – 11:30 a.m.
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Pre-registration is required 715-346-1401 or 1-866-920-2525	

Arthritis Foundation Exercise Classes

These exercise classes are a low impact program proven to reduce pain and decrease stiffness. One hour sessions offered twice a week. \$17 suggested donation for 10 classes or \$2.00 per class for walk-ins.

Location	Date – Time
<u>Stevens Point</u> ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Tuesdays and Thursdays 10:00 a.m. – 10:45 a.m. and 11:00 a.m. – 11:45 a.m.
Suggested donation for 10 sessions is \$17 Registration: Pre-registration is required.	

Arthritis Foundation Walk with Ease Workshop

A 9 week workshop designed to help people with arthritis better manage their pain. It's also ideal for anyone who want to make walking a regular habit. Workshops are shown to, reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence, and improve overall health.

Location	Date – Time
<u>Stevens Point</u> ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Tuesdays and Thursdays June 2 to July 30 3:30-4:30 pm
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Pre-registration is required 715-346-1401	

StrongBodies™

This strength training program is a 10-week, one-hour program held twice per week. Pre-registration is required. You will need to get your doctor's permission before starting an exercise program. Call or stop by UW Extension to pick up your registration packet.

Location	Date – Time
<u>Stevens Point</u> Lincoln Center	Mondays and Wednesdays 1-2 p.m.
<u>Stevens Point</u> Advanced Class Lincoln Center	Tuesdays and Thursdays 4:30-5:30 p.m.
<u>Junction City</u> Junction City Park Lodge	Tuesdays and Thursdays 10:30 - 11:30 a.m.
<u>Plover:</u> Plover Municipal Building	Tuesdays and Thursdays 9:15 – 10:15 a.m.
<u>Amherst:</u> Jensen Center	Mondays and Wednesdays 10:30 - 11:30 a.m.
<u>Rosholt:</u> American Legion Rosholt	Tuesdays and Thursdays 10:30 – 11:30 a.m.
The suggested donation for this workshop is \$30 for people 60 and older to cover the cost of materials. For those under 60, the cost is \$30. Registration: Pre-registration is required.	