

Evidence Based Health Programs

Portage County 2020



Healthy Living with Diabetes

A seven-week class to help adults living with type 2 diabetes, pre-diabetes, or those 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
Online and Telephonic ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Group online and individual telephonic workshops - call today!

Powerful Tools for Caregivers

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

Live Online Workshop	Thursdays August 6 to September 10 1:00 – 2:00 p.m.
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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
Online and Telephonic ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Group online and individual telephonic workshops - call today!

Healthy Living With Chronic Pain

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

Location	Date – Time
Online and Telephonic ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Group online and individual telephonic workshops -call today!

Arthritis Foundation Walk with Ease Workshop

A nine-week workshop designed to help people with arthritis better manage their pain. This workshop is ideal for anyone who wants to make walking a regular habit. Workshops are proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence, and improve overall health.

Location	Date – Time
Online and Telephonic ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Group online and individual telephonic workshops - call today!

Arthritis Foundation Exercise Classes

These exercise classes are low impact programs proven to reduce pain and decrease stiffness. One-hour sessions are offered twice a week. A suggested donation is \$17 for 10 classes or \$2 per class for walk-ins.

Location	Date – Time
Live Online Class ADRC of Portage County at Lincoln Center 1519 Water Street, Stevens Point, WI 54481	Live Online Class Tuesdays 10:00 - 11:00 a.m.
Suggested donation for 10 sessions is \$17 Pre-registration is required.	

StrongBodies™

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

Online Option Mondays, Wednesdays and Fridays are now available through UW Extension, Call 715-346-1321 to register and receive an email invitation.

The suggested donation for workshops 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 toll free, 1-866-920-2525.**

The following programs will return when they are available either in person or online

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

Stepping On for Falls Prevention

StrongBodies™ - in-person classes

Evidence-Based Health Program Leader Volunteer Opportunities

Evidence-based programs are effective because of volunteer facilitators. Evidence shows that participation in these programs can prevent disease and improve health. Consider becoming a class leader. Training is provided free of charge and travel expenses are covered.

Healthy Living with Diabetes Leader Training. Program Leaders facilitate workshops in pairs. After successfully completing a four-day Leader Training, certified Leaders commit to co-leading the seven-week workshop series at least once a year. Leaders may also participate in other volunteer activities to promote and implement the workshop in the community.

Arthritis Foundation Exercise Program: This class is specifically for individuals with arthritis, using gentle activities to increase flexibility and range of motion, strength, and stamina. Leader training: online, available anytime.

Walk with Ease Leader Training: This class is designed to help people living with arthritis to better manage their pain. Participants meet for one hour, three times per week, for six weeks and are guided by a certified volunteer. Leader training: online, available anytime.

For information about workshops and volunteer opportunities contact:



Health Promotion Coordinator
Kate Giblin at 715-346-1914
giblink@co.portage.wi.us

Refer a Patient/Client by clicking [here](#)
Find Workshops anywhere in Wisconsin by clicking [here](#)