



# OUR WELLNESS PROGRAMS

## Living Well with Chronic Pain

Helps participants 60+ build confidence, manage health and maintain active and fulfilling lives while living with chronic pain and/or being a care partner for someone with chronic pain.

## Diabetes Prevention Program

Our lifestyle coaches work with anyone with a family history of diabetes or preexisting factors combined with weight management issues and/or minimal physical activity to develop healthy eating habits, manage stress, etc.

## Diabetes Self-Management Program

For anyone living with diabetes and/or care partners. Topics include, balancing healthy eating with physical activity, managing difficult emotions and planning for the future.

## Fit & Strong

For adults 60+ who have trouble with balance, strength, endurance and flexibility. Participants have reported less pain and stiffness, and decreased anxiety.

## Healthy Living

For anyone 60+ or someone living with a chronic condition. Learn to manage symptoms and difficult emotions, also improve eating, physical activity habits and healthcare provider communication.

## Healthy Steps for Older Adults

For adults 60+ who want to maintain independence. This workshop includes a fall screening as well as information on making your home safer, improving fitness, and other topics on fall prevention.

## Powerful Tools for Caregivers

For anyone who cares for an adult relative or loved one. Learn to overcome negative self-talk, communicate true feelings, cope with difficult emotions and make decisions.

## Stepping On

Workshop proven to reduce falls and build confidence for people 60+ who have a fear of falling, had a fall in the last year, or are at risk of falling. Sessions include exercises and information about medications that may contribute to falls.

These workshops are free.

Dates and registration info: [wellness.sca@unr.edu](mailto:wellness.sca@unr.edu) or (775) 235-8862



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