

Michigan Area Agencies on Aging January – March 2021 On-Line Workshop Schedule

Evidence-Based Programs:

- Cancer PATH
- Chronic Pain PATH
- Diabetes PATH
- PATH: Personal Action Toward Health
- Workplace PATH
- Aging Mastery Program
- Creating Confident Caregivers
- Developing Dementia Dexterity
- Matter of Balance
- Powerful Tools for Caregivers



CANCER PATH: A 6-week on-line workshop using Zoom

For individuals with any kind of cancer. Whether newly diagnosed, in active treatment, or living beyond active treatment, this program helps survivors improve how they manage their situation to cope and feel better. Topics include: dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and living with uncertainty or fear of recurrence. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

[TO REGISTER, CLICK ON THE SERIES YOU WOULD LIKE TO ATTEND:](#)

Wednesday Afternoon Series:	January 20 - February 24, 2021	2:30pm – 5:00pm
Friday Morning Series:	February 19 - March 26, 2021	10:00am - 12:30pm
Monday Afternoon Series:	April 12 - May 17, 2021	1:00pm - 3:30pm
Tuesday Afternoon Series:	July 13 - August 17, 2021	1:30 - 4:00pm
Tuesday Night Series:	September 14 - October 19, 2021	5:00pm - 7:30pm



CHRONIC PAIN PATH: A 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with chronic pain improve how they manage their situation to cope and feel better. Topics include: pacing and planning for optimal energy, dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and positive thinking. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Thursday Afternoons **January 21 - February 25, 2021** **1:00pm - 3:30pm**

[TO REGISTER, call](#) Tri-County Office on Aging at 517-887-1465

Monday Afternoons **February 22 - March 29, 2021** **1:00 - 3:30 pm**

[TO REGISTER, CLICK HERE](#) or call 517-592-1974; email livingwellprograms@r2aaa.net



DIABETES PATH: A 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with pre-diabetes or Type 1 or Type 2 Diabetes improve how they manage their situation to cope and feel better. Topics include: monitoring and balancing blood sugar, creating meal plans, decreasing stress, dealing with difficult emotions, and preventing complications. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Tuesday Afternoon Series January 19 - February 23, 2021 1:00pm - 3:30pm

[TO REGISTER FOR TUESDAY SERIES CLICK HERE](#)

Monday Evening Series February 22 - March 29, 2021 5:30pm - 8:00pm

[TO REGISTER FOR MONDAY SERIES](#) [call Tri-County Office on Aging at 517-887-1465](#)



PATH (Personal Action Toward Health): 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with any kind of chronic condition improve how they manage their situation to cope and feel better. Topics include: healthy eating, being active, managing difficult emotions, managing pain and fatigue, getting better sleep, and preventing falls. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Send inquiries to livingwellprograms@r2aaa.net



Workplace PATH: A 6-week on-line workshop using Zoom

An Interactive workshop for employees with any kind of chronic condition to improve how they manage their work/life balance to cope regain a sense of control over their life and health. Topics include: ways to reduce pain, fatigue, stress, and anxiety plus time management tips to maximize energy and balance demands at work, at home, and with their own health. Sessions meet 1 hour twice a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Send inquiries about costs and arrangements to livingwellprograms@r2aaa.net



Aging Mastery Program®

National Council on Aging

5-Session Webinar Series aims to help baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. Expert speakers present on topics including exercise, fall prevention, sleep, financial fitness, advance care planning, healthy eating, medication management, healthy relationships, and community engagement. Sessions meet twice a week for 3 hours on Zoom.

Send inquiries to: livingwellprograms@r2aaa.net



CREATING CONFIDENT CAREGIVERS.®

Creating Confident Caregivers: A 6-week on-line workshop using Zoom

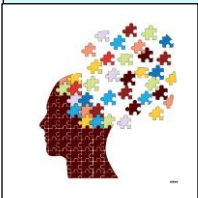
An interactive workshop designed to help improve confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers create a positive caregiving environment, learn how to manage or redirect challenging behavior, and provide meaningful daily activities while also supporting good self-care. Sessions meet once a week for 2 hours via Zoom.

Mondays, January 11 - February 15, 2021 from 1:00 - 3:00 pm

[TO REGISTER, CLICK HERE](#) or call 989-358-4616 or email mainvilleb@nemsca.org

Developing Dementia

Dexterity



Developing Dementia Dexterity: a 3-session webinar using Zoom

A 3-part webinar designed to help improve skills and confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers understand the effects of dementia on the brain, learn how to communicate and create a positive caregiving environment, understand how to manage or redirect challenging behavior, and provide meaningful daily activities. Sessions meet once a week for 1.5 hours via Zoom.

Wednesdays, March 3 - March 17, 2021 from 3:00 - 4:30 pm

[TO REGISTER CLICK HERE](#) or email livingwellprograms@r2aaa.net



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

An Interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. They set goals for increasing their activity levels and make changes to reduce their risk of falls. Participants learn and practice exercises to help with their balance. Sessions meet twice a week for 2 hours each via Zoom. Participants will need a webcam and a microphone to participate.

Tuesday & Thursday Mornings **March 2 – March 25 (+ pre-session on 2/25), 2021 10:00am-noon**

[TO REGISTER, CLICK HERE](#) or email: livingwellprograms@r2aaa.net



POWERFUL TOOLS for CAREGIVERS: A 6-week on-line workshop using Zoom

Whether you are helping a parent, spouse, friend, or someone who lives at home or in a nursing home, this workshop will focus on self-care for you. This program teaches caregivers how to reduce stress, relax, make tough decisions, reduce guilt, anger, and depression, and communicate effectively with family, providers, and care staff. Sessions meet once a week for 2 hours via Zoom. Participants will need a webcam and a microphone to participate.

Tuesday Afternoons, January 12 - February 16, 2021 1:00 - 2:30 pm

[TO REGISTER, CLICK HERE](#) or call 989-358-4616 or email mainvilleb@nemsca.org

Wednesday Afternoons February 10 - March 17, 2021 2:00pm - 3:30pm

[TO REGISTER, call](#) Tri-County Office on Aging at 517-887-1465

Monday Evenings April 26 - May 31, 2021 5:30 - 7:00 pm

[TO REGISTER, CLICK HERE](#) or call 989-358-4616 or email mainvilleb@nemsca.org