

# Engaging Interactive Effective

Evidence-based  
Health Promotion  
Workshops



Illinois Pathways  
to Health  
by AgeOptions

The Take Charge Program is a small group workshop for adults with ongoing health conditions such as arthritis, asthma, diabetes, depression, etc. Participants learn skills proven to help them make meaningful and lasting changes to their health.

## Take Charge of Your Health

Workshops are designed for people with ongoing health conditions and their caregivers. Topics covered:

- Healthy eating
- Physical activity
- Pain management
- Goal setting
- Medication management
- Decision making

- Workshops meet for six weeks either in person or virtually on Zoom
- Sessions are 2.5 hours with a break

## Take Charge of Your Diabetes

Workshops are designed for people with diabetes, pre-diabetes and their caregivers. Topics covered:

- Menu planning
- Physical activity
- Goal setting
- Monitoring
- Foot care
- Problem solving

- Technical assistance is provided for virtual workshops
- Offered in English and Spanish



To learn more about Take Charge Programs or to register for a workshop, call the Health Promotion Team at AgeOptions (800)699-9043 or email [info@ilpathwaystohealth.org](mailto:info@ilpathwaystohealth.org)

# Keep Moving & Stay Active

With a Proven Falls Prevention Program!

## According to the National Council on Aging...

- **1 in 4 Americans** aged 65+ falls each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



- In 2013, the total cost of fall injuries was **\$34 billion** (78% paid by Medicare)
- This total cost was expected reach **\$67.7 billion** by 2020
- Even **falls without injury can cause fear** of falling, leading to physical decline, depression and social isolation

Don't let the fear of falling keep you from the activities you enjoy. Falls can be prevented, and falls prevention programs are the answer. Choose the one just right for you.

## Illinois Pathways to Health Falls Prevention Programs



### A Matter of Balance

Designed to reduce the fear of falling and increase activity levels for older adults.

- View falls and fear of falling as controllable
- Set goals to increase activity
- Learn how to create a safe home environment
- Meet once or twice a week for 9 classes
- Class time: 2 hours



### Bingocize

Combines a fun, familiar Bingo-like game with exercise and health education.

- Improve lower and upper body strength and balance
- Improve range of motion
- improve knowledge of falls risk reduction
- Increase social engagement
- Meet twice a week for 20 classes
- Class time: 1 hour



### Tai Chi for Arthritis

Designed to reduce the fear of falling and improve relaxation and balance in older adults.

- Improve balance and mobility
- Improve strength and flexibility
- Improve relaxation
- Decrease in pain and falls
- Meet once or twice a week for 16 classes
- Class time: 1 hour

Join a falls prevention workshop today. They are proven to help! To find a workshop near you, call the Health Promotion Team at AgeOptions at (800)699-9043 or visit [ilpathwaystohealth.org](http://ilpathwaystohealth.org).



Workshops are open to any resident in the State of Illinois except for residents of the following counties: Boone, Carroll, DeKalb, Lee, Ogle, Jo Daviess, Stephenson, Whiteside and Winnebago.

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