

Self-Management Aging Mastery Program

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together. FREE for people 60 and older, but registration is required. To register, call (970) 400-6117.

Location	Day	Start Date	End Date	Time
Centennial Park Library (Greeley)	Thurs	05/07/20	06/11/20	1:30–4:00 p.m.
Greeley Active Adult Center (Greeley)	Fri	08/14/20	09/18/20	1:30–4:00 p.m.

Caregivers Powerful Tools for Caregivers

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE, but registration is required. To register, call (970) 400-6130.

Location	Day	Start Date	End Date	Time
Family Physicians of Greeley West (Greeley)	Thurs	02/06/20	03/12/20	10:00–Noon
Windsor Community Recreation Center (Windsor)	Tues	02/11/20	03/17/20	1:00–3:00 p.m.
Greeley Medical Clinic (Greeley)	Tues	03/03/20	04/07/20	9:00–10:30 a.m.
North Colorado Medical Center (Greeley)	Mon	06/08/20	07/13/20	1:00–2:30 p.m.
Milliken Senior Center (Milliken)	Mon	10/05/20	11/09/20	1:00–2:30 p.m.
Family Physicians of Greeley West (Greeley)	Wed	10/07/20	11/11/20	2:00–4:00 p.m.


Caregivers Stress-Busting for Caregivers

Learn new stress management techniques, relaxation and coping skills. This evidence-based workshop is for family caregivers only. Workshops are available for those who provide care to persons with Alzheimer’s disease or Dementia, and for persons caring for those with other conditions. Workshop meets once a week for nine weeks. FREE, but registration is required. For more information or to register, call (970) 400-6130.

Location	Day	Start Date	End Date	Time
Keenesburg Church of Christ (Keenesburg)	Tues	08/11/20	09/15/20	9:00–11:30 a.m.

The Weld Aging Well Program appreciates donations.

For more information on how to make a donation, call (970) 400-6117.



Weld County Area Agency on Aging

 • Weld Aging Well •

Program Guide

 A Matter of Balance

 Tai Chi: Moving for Better Balance

 Walk With Ease

 Strong People

 Healthier Living Colorado

 Tomando Control de su Salud


 Healthier Living Diabetes Colorado

 Aging Mastery Program

 Powerful Tools for Caregivers

 Stress-Busting for Caregivers

www.weldaaa.org





For more information about the following programs, contact:
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Fall Prevention

A Matter of Balance

Learn ways to reduce the fear of falling and break the fear of falling cycle by increasing activity levels. The program focuses on practical coping strategies. A variety of activities address physical, social and cognitive factors affecting fear of falling. Workshop meets once a week for eight weeks. FREE for people 60 and older, but registration is required. To register, call (970) 400-6117.

Location	Day	Start Date	End Date	Time
Fort Lupton Recreation Center (Fort Lupton)	Wed	01/15/20	03/04/20	1:30–3:30 p.m.
Milliken Senior Center (Milliken)	Wed	02/05/20	03/25/20	10:00–Noon
North Colorado Medical Center (Greeley)	Mon	02/10/20	03/30/20	9:00–11:00 a.m.
North Colorado Medical Center (No class 05/25/20)	Mon	05/04/20	06/29/20	9:00–11:00 a.m.
Carbon Valley Recreation Center (Frederick)	Tues	07/28/20	09/15/20	2:00–4:00 p.m.
Eaton Area Community Recreation Center (Eaton)	Thurs	08/06/20	09/24/20	1:00–3:00 p.m.
Greeley Medical Clinic (Greeley)	Tues	10/06/20	11/24/20	9:00–11:00 a.m.
Windsor Community Recreation Center (Windsor)	Tues	10/06/20	11/24/20	1:00–3:00 p.m.

Fall Prevention

Tai Chi: Moving for Better Balance

Improve your balance and increase strength, mobility and flexibility. This evidence-based program has also been shown to reduce fear of falling and improve your psychological well-being. In this 12-week beginner class, learn eight of the 24 Yang-style Tai Chi forms. Learn to practice while standing or sitting. FREE for people 60 and older, but registration is required. For more information, current class schedule or to register, call (970) 400-6117.

Active Living

Walk With Ease

Increase your balance, strength and walking pace while building confidence in your ability to be physically active. This program is proven to reduce the pain and discomfort of walking. FREE for people 60 and older, but registration is required. To register, call (970) 400-6117.

Location	Day	Start Date	End Date	Time
Kersey Recreation Center (Kersey)	M,W,F	04/06/20	05/15/20	2:00–3:30 p.m.
Eaton Area Community Recreation Center (Eaton)	Tu,W,F	05/19/20	06/26/20	11:00–Noon
Fort Lupton Recreation Center (Fort Lupton)	TBD	TBD	TBD	TBD

Active Living

Strong People

Maintain and improve strength, flexibility and balance by attending the 12-week exercise class. Hand weights and leg weights are provided. Learn proper technique and intensity specific for you. FREE for people 60 and older. For current class schedule or to register, call (970) 400-6117.

Self-Management

Healthier Living Colorado

Be proactive and learn tools to become a better self-manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, pain, etc. Learn to apply the knowledge you already know, such as proper nutrition, developing an exercise program, problem-solving, relaxation techniques and setting achievable goals. Workshop meets once a week for six weeks. FREE for people 60 and older, but registration is required. To register, call (970) 400-6117.

Location	Day	Start Date	End Date	Time
Erie Community Center (Erie)	Tues	03/17/20	04/21/20	1:00–3:30 p.m.
Family Physicians of Greeley West (Greeley)	Thurs	04/02/20	05/07/20	9:00–11:30 a.m.
Windsor Community Recreation Center (Windsor)	Tues	06/02/20	07/07/20	1:30–4:00 p.m.
The Center at Centerplace (Greeley)	Thurs	10/01/20	11/05/20	1:00–3:30 p.m.

Tomando Control de su Salud

Sea proactivo y aprenda las herramientas para manejar su condición crónica usted mismo, por ejemplo, enfermedades del corazón, diabetes, artritis, COPD, dolor, etc. Aprenda a aplicar los conocimientos, como una nutrición adecuada y el desarrollo de un hábito de ejercicio. Este taller se reúne una vez a la semana durante 6 semanas. Es GRATIS si tiene 60 años de edad o más, para más información llame al (970) 400-6111 (El espacio es limitado).

Self-Management

Healthier Living Diabetes Colorado

Become a better self-manager of your diabetes! Learn to apply the knowledge you already know, such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, problem-solving and setting achievable goals. Workshop meets once a week for six weeks. FREE for people 60 and older, but registration is required. To register, call (970) 400-6117.

Location	Day	Start Date	End Date	Time
North Colorado Medical Center (Greeley)	Fri	01/17/20	02/21/20	9:00–11:30 a.m.
Family Physicians of Greeley West (Greeley)	Fri	02/07/20	03/13/20	10:00–12:30 p.m.
Erie Community Center (Erie)	Thurs	05/14/20	06/18/20	1:00–3:30 p.m.
Birchwood Apartments (Greeley)	Thurs	06/18/20	07/23/20	9:00–11:30 a.m.
Family Physicians of Greeley West (Greeley)	Tues	08/04/20	09/08/20	2:00–4:30 p.m.