

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 by calling (970) 400-6117.

Location	Day	Start Date	End Date	Time
Online	Wed	03/03/21	05/05/21	10:00–11:30 a.m.
Online/Greeley Medical Clinic (Greeley)	Tues	07/13/21	09/14/21	10:00–11:30 a.m.
Online/North Colorado Medical Center (Greeley)	Fri	09/10/21	11/12/21	10:00–11:30 a.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 by calling (970) 400-6117.

Location	Day	Start Date	End Date	Time
Online/Family Physicians of Greeley (Greeley)	Wed	01/20/21	02/24/21	10:00 a.m.–noon
Online	Mon	03/01/21	04/05/21	2:30–4:30 p.m.
Online/North Colorado Medical Center (Greeley)	Mon	07/12/21	08/16/21	1:00–3:00 p.m.
Online/Windsor Recreation Center (Windsor)	Wed	09/08/21	10/31/21	9:00–11:00 a.m.
Online/Family Physicians of Greeley (Greeley)	Tues	11/02/21	12/07/21	1:00–3:00 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 six weeks. FREE, but registration is required. For more information or to register, call (970) 400-6117.

Location	Day	Start Date	End Date	Time
Online	Tues	02/02/21	03/09/21	1:00–3:30 p.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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Please note: All classes will be held online unless the Area Agency on Aging has determined they can be in person, at which point they will be hosted at the designated site listed. Classes listed only as online will remain online regardless of COVID-19 precautions.

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 by calling (970) 400-6117.

Location	Day	Start Date	End Date	Time
Online/Eaton Area Parks & Recreation District (Eaton)	Tues	03/30/21	05/18/21	1:00–3:00 p.m.
Online/Fort Lupton Recreation Center (Fort Lupton)	Thurs	04/08/21	05/27/21	9:00–11:00 a.m.
Online/North Colorado Medical Center (Greeley)	Wed	06/02/21	07/21/21	12:30–2:30 p.m.
Online/Carbon Valley Parks & Recreation (Frederick)	Tues	08/03/21	09/21/21	1:00–3:00 p.m.
Online/Evans Recreation Center (Evans)	Tues	09/28/21	11/16/21	1:30–3:30 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 by calling (970) 400-6117.

Location	Day	Start Date	End Date	Time
Eaton Area Parks & Recreation District (Eaton)	M,Th,F	09/13/21	10/22/21	11:00 a.m.–noon
Kersey Recreation Department (Kersey)	TBD	TBD	TBD	TBD
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 by calling (970) 400-6117.

Location	Day	Start Date	End Date	Time
Online/Family Physicians of Greeley (Greeley)	Thurs	02/04/21	03/11/21	9:00–11:30 a.m.
Online/Windsor Recreation Center (Windsor)	Thurs	06/10/21	07/15/21	9:00–11:30 a.m.
Online/Erie Community Recreation Center (Erie)	Tues	10/05/21	11/09/21	9:30 a.m.–noon

Tomando Control de su Salud

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

Ubicación	Día	Fecha de Inicio	Fecha Final	Tiempo
Online/TBD	Wed	09/01/21	10/06/21	9:00–11:30 a.m.

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 by calling (970) 400-6117.

Location	Day	Start Date	End Date	Time
Online/Riverside Library (Evans)	Wed	01/13/21	02/17/21	1:30–4:00 p.m.
Online	Wed	03/10/21	04/14/21	2:30–5:00 p.m.
Online/Family Physicians of Greeley (Greeley)	Thurs	04/29/21	06/03/21	1:30–4:00 p.m.