

Healthy Living Programs

Evidence-based workshops offered by the Aging and Disability Resource Center of Barron, Rusk, and Washburn Counties

Living Well with Chronic Conditions

Gain control through manageable action plans, goal-making, and support from peers. Topics include dealing with fatigue and pain, healthy eating, better sleep, medication management, communicating effectively with your provider, evaluating treatment options, and more. Meets 2 1/2 hours for 6 weeks.

Healthy Living with Diabetes

Increase confidence and develop techniques to deal with the symptoms of diabetes and improve blood sugar readings. Learn about appropriate exercise, healthy eating strategies, dealing with difficult emotions, stress-reduction techniques, and preventing complications. Meets 2 1/2 hours for 6 weeks.

Stepping On: Falls Prevention

Learn simple strength and balance exercises to help prevent future falls and interact with guest experts on topics related to falls such as vision changes, medication side effects, footwear, home safety, community and outdoor safety, vitamin D and calcium intake and many more. Meets 2 hours for 7 weeks.

Powerful Tools for Caregivers

Helps caregivers take care of themselves while caring for a family member or friend at home, in a facility, or from a long distance. Learn to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions, and locate helpful resources. Meets 2 hours for 6 weeks.

Walk with Ease

Participate in the only walking program identified as arthritis-appropriate by the CDC to help with increasing balance, reducing pain, improving mental health, flexibility, and overall physical health. Involves walking 3 times a week for 6 weeks and is only offered in Washburn County at this time.

Take charge of your health!

Call today for dates, times, and locations in your county: 1-888-538-3031




Aging & Disability Resource Center
Barron, Rusk & Washburn Counties