

The Aging and Disability Resource Center of Dodge County offers several different evidence based classes through Wisconsin Institute for Healthy Aging (WIHA).



From research, to practice, to people, WIHA develops and nurtures relationships between community organizations and researchers to test wellness interventions and – once proven effective – facilitates the spread of those programs to people in Wisconsin.

WIHA helps people take steps to improve their health and quality of life through home grown, evidence based programs and practices. The ADRC offers programs related to Chronic Conditions, Falls Prevention, Caregiver Support, and Physical Activity **AT ZERO COST!**



LIVING WELL WITH CHRONIC CONDITIONS

Living Well with Chronic Conditions is a workshop for people with ongoing health problems such as arthritis, obesity, high blood pressure, depression, heart disease, and others. The workshop provides participants with tools to better navigate life's "ups and downs" and increase their health knowledge. *Living Well* meets for two hours, once a week, for six weeks.



HEALTHY LIVING WITH CHRONIC PAIN

Healthy Living with Chronic Pain is a workshop for people who have on-going, persistent pain. This community-based program is very interactive, where mutual support and success build participants' confidence in their ability to manage their pain. The workshop meets for two hours, once a week, for six weeks.



HEALTHY LIVING WITH DIABETES

Healthy Living with Diabetes is a workshop for people with Type 1 and Type 2 diabetes, as well as people who are pre-diabetic. Group support helps you build the confidence to manage your diabetes and maintain an active and fulfilling life. The class meets for two and a half hours, once a week, for six weeks.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a six week, once a week, educational workshop for people who are taking care of a family member or friend. It is designed to support the family caregiver and improve his or her well-being. It does not teach hands-on care or focus on disease or other conditions, but rather helps the caregiver cope with the physical, emotional, and financial challenges of being a caregiver.



WALK WITH EASE

Whether you need relief from arthritis pain or just want to be active, *Walk with Ease* can teach you how to safely make physical activity part of your everyday life. The program was designed to help people living with arthritis better manage their pain. It is also ideal for people without arthritis who want to make walking a regular habit.



Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms. It meets for three, two-hour sessions every other week. Learn new information and group activities along with simple exercises and dietary changes to practice at home. Even if you do not have leakage symptoms now, it is never too early or too late to think about your bladder and bowel health!



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Stepping On is a falls prevention workshop that empowers older adults to carry out health behaviors that reduce the risks of falls. It is offered once a week for seven consecutive weeks for two hours. Older adults learn balance and strengthening exercises and develop specific knowledge and skills to prevent falls.



Contact

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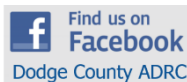
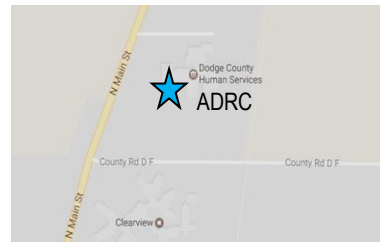
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Office Hours

Monday - Friday
8 - 4:30 pm
or by Appointment

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Health & Wellness



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