



OUR WELLNESS PROGRAMS

Chronic Pain Self-Management

Helps participants build confidence, manage health and maintain active and fulfilling lives while living with chronic pain and/or being a care partner for someone with chronic pain.

Diabetes Prevention Program

For anyone with a family history of diabetes or preexisting factors combined with weight management issues and/or minimal physical activity. Our lifestyle coaches work with you to develop healthy eating habits, manage stress, etc.

Diabetes Self-Management Program

For anyone living with diabetes and/or care partners. Topics include, but are not limited to, balancing healthy eating with physical activity, managing difficult emotions and planning for the future.

Fit & Strong

For adults 60+ who have trouble with balance, strength, endurance and flexibility. Participants have reported less pain and stiffness, and decreased anxiety.

Dementia Friendly Nature Walks

Anyone living with mild cognitive impairment and their care partner(s) are invited to a weekly nature-based walk with a supportive group of friends.

Stepping On

Workshop proven to reduce falls and build confidence for people 60+ who have a fear of falling, had a fall in the last year, or are at risk of falling. Sessions include simple, fun strength and balance exercises, discussion of safety at home and information about medications that may contribute to falls.

These workshops are free.

Dates and registration info: wellness.sca@gmail.com or (775) 235-8862

