

Live Fully, Healthily and Independently!

Evidence-based health promotion programs are proven to produce positive outcomes through rigorous research and extensive real-world testing. They bridge the gap between theory and practice, translating research into programs that make positive change in people's lives. MAAA currently sponsors the following evidence-based health promotion programs.

Living Well With Chronic Conditions: Take charge, live fully! Tomando Control de su Salud (Spanish version of "Living Well")



Living Well With Diabetes

Are you an adult with an ongoing health condition? Or a caregiver for someone with an ongoing health condition? Participating in this program, developed by Dr. Kate Lorig, Stanford University, you'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Well with Chronic Conditions workshops can help you take charge of your life.

- Join a 2 ½-hour Living Well workshop, held each week for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

A Matter of Balance: Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.



Developed by Boston University and MaineHealth's Partnership for Healthy Aging, A Matter of Balance is an 8 week (2 hours per week) workshop designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Tai Ji Quan: Moving For Better Balance

Developed by Dr. Fuzhong Li, Oregon Research Institute, Tai Ji Quan: Moving For Better Balance is currently being offered to older adults in Minneapolis and St. Paul. Classes meet twice a week for one hour and emphasize slow, smooth and safe movements with 8 Tai Ji forms especially adapted to increase strength, flexibility and balance to reduce the risk of falls. Classes mix seated and standing movements, but all can be adapted to a seated position for those who are unable to stand.



To learn more about these programs in the 7 county Minneapolis/St. Paul metro area, contact David Fink at dfink@tcaging.org, 651-917-4633. Website: www.tcaging.org/findinghelp/evidence-based.html