



Healthy Aging Programs

Regular physical activity, healthy eating, staying smoke-free, and staying socially connected are essential for living healthier lives. The Massachusetts Department of Public Health and the Executive Office of Elder Affairs promote community-based health promotion, disease prevention programs for older adults throughout the Commonwealth. Our health promotion programs and workshops give participants the skills and confidence to manage their health and either prevent or delay chronic conditions and live healthier, more active lives. For an updated workshop calendar go to: www.mass.gov/dph and enter the search words 'events and workshops'.

- **My Life, My Health: Managing Your Chronic Conditions**

My Life, My Health is a series of 2 ½ hour workshops that take place once a week for six consecutive weeks. These sessions are for people with chronic health problems and those who care for people with chronic conditions. Participants find ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with their doctor and family about their health.

For information: Susan Poludniak, Elder Services of Merrimack Valley
Phone: 978-683-7747, TTY: 800-924-4222
E-mail: SPoludniak@esmv.org

- **A Matter of Balance**

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. The program includes eight two-hour classes.

For information: Rosario Lapus, Action for Boston Community Development
Phone: 617-357-6000. ext. 6784, TTY: 617-423-6784
E-mail: Lapus@bostonabcd.org

- **Healthy Eating for Successful Living in Older Adults**

Healthy Eating is for older adults who want to learn more about nutrition and physical activity for improved health. This six-week program focuses on nutrition strategies for heart and bone health to help maintain or improve participants' wellness and independence and to prevent the development or progression of chronic disease.

For information: Jennifer Raymond, Hebrew SeniorLife
Phone: 617-363-8319, TTY: 617-363-8000
E-mail: JenniferRaymond@hrca.harvard.edu



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