

Living Well

Caring about Yourself



Arizona Living Well is a series of health promotion programs sponsored by the Pima Council on Aging in collaboration with community partners.

Small Steps. Positive Changes. Healthier Living.



Living Well is about managing one's personal health, staying fit, and maintaining or improving quality of life.

At least 80% of older Americans are living with one or more ongoing health conditions.

Community-based health promotion programs help individuals gain self-confidence in controlling symptoms, manage the progression of long-term and chronic age-related conditions, and lead the active, productive life that most strive for.

Pima Council on Aging is providing three (3) evidence-based health promotion programs for adults 60 years and older. These programs have been developed and tested by renowned universities with proven results for older adults.

Sign-up for 1, 2 or all 3 health promotion programs. Learn practical skills. Gain self confidence. Manage fall risks. Get stonger with supervised exercise.

A Matter of Balance

This program emphasizes the importance of maintaining an active lifestyle in order to reduce the risk of falling. Learn to view falls as controllable, the role of assertiveness in fall prevention, and simple exercises to increase strength and balance. Fall hazards in the home and how to get up and down safely will be presented by a guest therapist.

What: Eight 2-hour classes, twice a week, for 4 weeks.

Fee: \$15 per person; \$25 per couple.

Fee covers workbook, materials & snacks.

Healthy Living: Managing Ongoing Health Conditions

If you are living with a chronic condition including hypertension, arthritis, heart and lung diseases, stroke, depression, and diabetes, sign up today for a fun, interactive course to help you manage pain and fatigue, decrease frustration, and increase fitness and self-confidence.

What: A six week program for 2½ hours once a week.

Fee: \$6 per person; \$10 per couple.

Fee covers the book & classroom supplies.

Enhance Fitness

An ongoing low to moderate level exercise class taught by a certified fitness instructor. Includes a 20 minute no/low-impact aerobic segment, stretches, and structured strength training exercises using weights. Classes include sitting & standing. Fitness assessments included at 4 month intervals.

What: 1 hour, 3 times weekly.

No fee for the first 4-month session; \$1.00 per class thereafter.



Helping
Caring
Teaching
Sharing
Guiding
Training
Growing
Feeding
Assisting
Serving

Advocacy, action,
and assistance to
our community for
over 40 years.



Call 520-790-7262 or
go to www.pcoa.org

Sign Up for Living Well Today: Pre-registration is required.

Call the PCOA Health Promotion Program at 790-7262; or Register online at www.pcoa.org; or Mail to PCOA, 8467 E. Broadway, Tucson 85710.

Additional information is available at www.pcoa.org or email help@pcoa.org.

Living Well 2009 Fall Class Schedule

A Matter of Balance

Armory Park Senior Center
220 S. 5th Ave.

- September 16, 18, 23, 25, 30
October 2, 7, 9

Wednesday & Friday
1:00 - 3:00 p.m.

Catalina United Methodist Church

2700 E. Speedway, Rm 232

- September 22, 24, 29
October 1, 6, 8, 13, 15

Tuesday & Thursday
1:30 - 3:30 p.m.

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd.

- October 16, 19, 23, 26, 30
November 2, 6, 9

Monday & Friday
1:00 - 3:00 p.m.

El Pueblo Center Spanish Version

101 W. Irvington Rd.

- September 1, 3, 8, 10, 15, 17, 22, 24 or
October 6, 8, 13, 15, 20, 22, 27, 29

Tuesday & Thursday
9:00 - 11:00 a.m.

FitCenter

5555 E. 5th St.

- November 10, 13, 17, 20, 24
December 1, 4, 8

Tuesday & Friday
1:00 - 3:00 p.m.

The Forum at Tucson

2500 N. Rosemont

- September 22, 24, 29
October 1, 6, 8, 13, 15

Tuesday & Thursday
1:00 - 3:00 p.m.

Freedom Center

5000 E. 29th St.

- September 1, 3, 8, 10, 15, 17, 22, 24 or
October 6, 8, 13, 15, 20, 22, 27, 29

Tuesday & Thursday
10:00 a.m. - 12:00 p.m.

NW Neighborhood Center

2160 N. 6th Ave.

- September 8, 10, 15, 17, 22, 24, 29
October 1

Tuesday & Thursday
10:00 a.m. - 12:00 p.m.

TMC Senior Services, El Dorado Health Campus

1400 N. Wilmot Rd.

- October 26, 29
November 2, 5, 9, 12, 16, 19

Monday & Thursday
9:30 - 11:30 a.m.

William Clements Recreation Center

8155 E. Poinciana Dr.

- September 1, 3, 8, 10, 15, 17, 22, 24

Tuesday & Thursday
10:00 a.m. - 12:00 p.m.

Healthy Living: Managing Ongoing Health Conditions

Armory Park Senior Center
220 S. 5th Ave.

- September 14, 21, 28
October 5, 12, 19
- Mondays, 1:00 - 3:30 p.m.

DIRECT

Center for Independence

1023 N. Tyndall Ave.

- September 16, 23, 30
October 7, 14, 21

Wednesdays, 9:30 - 12:00 p.m.

Ellie Towne

Flowing Wells Center

1550 W. Ruthrauff Rd.

- October 15, 22, 29
November 5, 12, 19
- Thursdays, 1:00 - 3:30 p.m.

TMC Senior Services, ElDorado Health Campus

1400 N. Wilmot Rd.

- September 14, 21, 28
October 5, 12, 19
- Mondays, 1:30 - 4:00 p.m.

Enhance Fitness

El Pueblo Center

101 W. Irvington Rd.

Monday, Wednesday, Friday
10:30 a.m. - 11:30 a.m.
11:30 a.m. - 12:30 p.m.

NW Neighborhood Center

2160 N. 6th Ave.

Monday, Wednesday, Friday
10:15 - 11:15 a.m.

William Clements

Recreation Center

8155 E. Poinciana Dr.

Monday, Wednesday, Friday
8:30 a.m. - 9:30 a.m.



Pre-registration is required.

Healthy Living: Managing Ongoing Health Conditions:
Fee: \$6.00 per person; \$10 per couple. Fee covers book and classroom supplies

Enhance Fitness
Classes are ongoing.
Fee: No fee for the first 4-months of classes; \$1.00 per class thereafter

A Matter of Balance:

Fee: \$15 per person; \$25 per couple. Fee covers workbook, materials and snacks

For more information or to register, call the PCOA health promotion program at **790-7262** or at www.pcoa.org.