

For more information about the programs contact:



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**Register for workshops at the
ParkView Front Desk:
507-664-7359
Online at:
WELLCONNECTSEM N.ORG**

Offered in partnership with:



*Northfield Retirement Communities
program leaders:*

*Lynnette C. Tupy
Resident Service Coordinator
Direct: 507-645-9090*

*Shawnda Mittelstaedt
RN, ParkView Home Care
Nurse phone #: 507-664-7340*

**Northfield Retirement Community
900 Cannon Valley Drive
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www.northfieldretirement.org**

**Northfield Retirement Community is
an Equal Opportunity Provider.**



Evidence-Based Health Promotion Programs

Evidence-based programs (EBP) offer proven ways to promote health and prevent disease among adults.

They are based on research and provide documented health benefits, so you can be confident they work. Older adults who participate in EBPs can lower their risk of chronic diseases and falls—or improve long-term effects of chronic diseases or falls.



**Northfield
Retirement Community**
Innovation. Choice. Tradition.

Living Well with Chronic Conditions

Living Well with Chronic Conditions is a group workshop that meets two and a half hours each week for six weeks. It is for any adult with one or more ongoing health concerns. The workshop is designed to increase self-management skills and address specific concerns and goals for people with ongoing health problems. Participants set goals and make a step-by-step plan to improve their health. Topics addressed include problem solving, decision making, exercise, healthy eating, managing pain, communication strategies, dealing with emotions, mindfulness, breathing techniques and the mind-body connection.

Diabetes Prevention Program

The National Diabetes Prevention Program, also known as I Can Prevent Diabetes, is a 26 session behavioral learning program held over one year. Sessions are one hour in length. It is for adults at risk of developing diabetes. The Diabetes Prevention Program is a lifestyle change program that supports healthier eating, incorporating physical activity into daily life and improving problem-solving and coping skills. Additional topics include dealing with stress, setting goals, overcoming barriers, and staying motivated.

Tai Ji Quan: Moving for Better Balance

Tai Ji Quan is a group based exercise class delivered in two one-hour sessions each week for 12 weeks. Tai Ji Quan is designed to help older adults improve balance and reduce the likelihood of falling through the use of slow coordinated movements. Participants will learn balance skills, body alignment, muscle strength, flexibility and mobility. Movements are combined with breathing and focused attention to help engage both body and mind. The class is suitable for older adults and people with a history of falls, balance disorders, leg muscle weakness, and abnormal gait or walking difficulty. It is also beneficial for older adults no matter their current balance or fall history.

Tai Ji Quan: Advanced Class

Want more Tai Ji Quan? Once you have completed the beginner class an additional 12 week advanced class is available for you to participate in.

A Matter of Balance

A Matter of Balance is a group workshop that meets two hours twice per week for four weeks. A Matter of Balance is designed for older adults who are concerned about falls, and emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. A Matter of Balance focuses on viewing falls as controllable.

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. It is for older adults with arthritis, chronic pain, or joint and muscle stiffness. Classes meet for 30 minutes twice per week. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Each class includes a variety of exercises that can be performed while sitting or standing, including endurance, balance, strength, flexibility, relaxation, and health education topics.

All programs are group-based, interactive, and focus on peer support.