



The Well and Wise Program is a collaboration between Eagle, Garfield and Pitkin Counties and the Consortium for Older Adult Wellness (COAW). Through our partnership with COAW, eight instructors have been trained to bring community-based chronic disease self-management (CDSMP) and fall prevention classes to adults aged 55 and older in Garfield County.

Garfield County Well and Wise Classes include:

- Matter of Balance is designed to benefit community dwelling older adults who are concerned about falls, have sustained a fall in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength and are ambulatory and able to problem solve. It is comprised of eight two-hour sessions.
- N' Balance is the fall prevention exercise course that addresses one of the main causes of falls, physical factors. The main areas addressed in the course are lower body strength, gait and agility, use of the visual system, use of the somatosensory system, use of the vestibular system. N' Balance teaches participants strategies to maintain balance and improve coordination; learn ways to navigate around physical obstacles, thus decreasing the fear of falling; body-listening skills and finding ones center of gravity; and helps build self-confidence. This course is 1 to 1.5 hours for eight weeks.
- Tai Chi for Arthritis is easy-to-learn, safe and effective for improved health. Dr. Paul Lam and a team of Tai Chi and medical experts created this program by combining traditional Tai Chi and up-to-date medical knowledge. The program aims to empower people to improve health and wellness. It teaches participants agility and balance, increased mobility, breathing skills, and relaxation techniques. It is comprised of eight one-hour sessions.
- Healthier Living Colorado – Managing Ongoing Health Conditions helps you with the challenges of living with an ongoing health condition such as heart disease, a lung condition, diabetes or arthritis. Research has shown that this class helps participants cope with fatigue, frustration, pain and stress. This chronic disease self-management program was developed at Stanford University. The class meets once per week for six weeks. Each session is 2.5 hours long.
- Cooking Matters is taught in conjunction with the Garfield County Department of Public Health. This is a hands-on course empowers adults/families with skills to be self-sufficient in the kitchen. Participants meet two hours, once a week for six weeks. Participants learn and practice fundamental food skills, including proper knife technique, reading ingredient labels, and making healthy meals on a \$10 budget.

- Cooking Matters at the Store is taught in conjunction with the Garfield County Department of Public Health. At the traditional grocery store tour or pop up shopping tour event at a facility, participants are provided with hands-on education as they participate in shopping for healthy food on a budget. Participants learn how to plan and budget for healthy, affordable and delicious meals. This is a one-time course for 1-2 hours.

For more information about the Well and Wise Program and/or to register for classes please contact: Debby Sutherland to register for class in the city/town near you. She can be reached at (970) 945-9191 extension 3084 or dsutherland@garfield-county.com