

CMCOA is pleased to announce the availability of the following workshops:

A Matter of Balance

A Matter of Balance is an 8 session/2 hours per session workshop for adults 60 or older emphasizing practical coping strategies to reduce the fear of falling. These include: promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risk factors and promoting exercise to increase strength and balance.

Please call the listed contact person to register and confirm date, time and place.

Start Date	Time	Location	Contact	City
Feb 15	10am to 11:45am	Fairview Apts	Sheri 320-746-9960	Holdingsford
Feb 25	1:30pm to 3:30pm	Paynesville Area Center	Joyce 320-243-5144	Paynesville
March 9	1pm to 3pm	Horizon Health	Tammy 320-468-6451	Pierz
March 18	9am to 11am	Good Samaritan-Woodland	Joy 218-855-6639	Brainerd
May 11th	9am to 11am	Good Samaritan-Woodland	Joy 218-855-6639	Brainerd

Living Well with Chronic Conditions Workshop
(Stanford Chronic Disease Self Management Program (CDSMP))

CDSMP is a 6week/ 2.5 hours per week workshop that is designed to provide information and offers practical skills on managing chronic health problems. The interactive curriculum includes topics such as: fatigue and pain, Exercise /physical activity, medication usage, effective communication and nutrition. Individually and together participants gain confidence, motivation and find the practical solutions they need to manage the challenges of living with a chronic health condition.

Please call the listed contact person to register and confirm date, time and place.

Start Date	Time	Location	Contact	City
Feb 15	2pm to 4:30pm	Mercy Manor Apts.	Ann Neu 320-845-2195	Albany
March 2	1pm to 3:30pm	Greater MN Credit Union	Jackie 320-679-6330	Ogilvie
March 17	9am to 11am	Good Samaritan-Woodland	Joy 218-855-6639	Brainerd
April 12	2pm to 4:30pm	Mercy Manor Apts.	Ann Neu 320-845-2195	Albany
April 13	9:30am to 11:45am	Holdingsford City Hall	Sheri 320-746-9960	Holdingsford