



FREE HEALTH & WELLNESS WORKSHOPS FOR AGING ADULTS

Agency on Aging Area 4 offers these fun, socially engaging educational workshops for older adults — virtually, or in-person at places where aging adults gather — for FREE!

ELIGIBILITY

Adults 60 years of age or older, regardless of income level, residing in Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba counties. Spouses of eligible participants are also eligible, regardless of age.

HOST A WORKSHOP

We offer these workshops in a variety of settings including senior centers, community centers, older adult housing sites, libraries, or most other locations where older adults gather. We can also host most of these workshops virtually.

OUR CURRENT WORKSHOPS

A Matter of Balance is an 8-week, evidence-based workshop that can help adults reduce concerns about falling and increase your activity levels.

Bingocize is a 10-week, evidence-based program that combines a Bingo-like game with exercise to improve mobility and independence while learning about fall prevention and other health-related behaviors.

Diabetes Empowerment Education Program (DEEP) is a 6-week, evidence-based program that can help older adults and their caregivers gain a better understanding of pre-diabetes or diabetes.

Stay Active & Independent for Life (SAIL) is a 6-week, evidence-based, in-person fitness program where we'll teach exercises that can improve strength and balance.

CONTACT US

Janet Johnson-Yosgott, MPH
Health Promotion Coordinator

(916) 246-2118 | jjohnson-yosgott@agencyonaging4.org



@agencyonaging4

www.agencyonaging4.org

AGENCY
ON AGING
AREA 4