

# WELLNESS PLUS CLASSES

THROUGH THE  
WINNEBAGO COUNTY  
HEALTH DEPARTMENT



Wellness Plus classes are designed to help you age well, be active, manage chronic conditions and prevent falls. All classes are researched, tested and proven to help you self-manage your health. Wellness Plus classes are offered throughout Winnebago County. Find a class nearby and get started today!

## CLASSES INCLUDE:

**Strong Bodies:** Simple scripted program that improves bone density, balance, and strength for participants.

**Stepping On:** Prevention program aimed at educating participants and building confidence to reduce and eliminate falls.

**Living Well With Chronic Conditions:** Helps participants with chronic health conditions such as arthritis, diabetes, high blood pressure, and anxiety live better.

**Healthy Living With Diabetes:** Helps adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes.

**Stand Up! (Stand Up and Move More):** This class helps those that have difficulty moving or have more sedentary behavior to stand up and move more.

**Walk with Ease:** This class is designed to reduce pain and build strength and confidence through walking.

**Powerful Tools for Caregivers:** A class for family caregivers provides strategies to better handle the challenges caregivers can run in to.

**Healthy Living With Chronic Pain:** Teaches adults with chronic pain how to effectively manage pain and improve energy, mental health and quality of life.

**Tai Chi:** This class uses basic, fluid movements to help improve balance, stability and mental health. Movements can be adapted for those with walkers or canes.

**For more information or to register, please call the Winnebago County Health Department at 920-232-3000.**

**Find a class schedule at [www.winnebagopublichealth.org](http://www.winnebagopublichealth.org)**



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Health Department**