



The Well and Wise program began as a collaboration between Eagle, Garfield and Pitkin Counties and the Consortium for Older Adult Wellness (COAW). Through our partnership with COAW, eight instructors were trained to bring community-based chronic disease self-management (CDSMP) and fall prevention classes to adults aged 55 and older in Garfield County. We have now expanded our services by having a matter training in Matter of Balance in our region and have trained additional instructors throughout our region.

**Garfield County free 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. We also offer Advanced for Tai Chi for those who have completed the beginners' class and Ongoing Tai Chi for those who completed Tai Chi 1 and Advanced or Tai Chi 2.
- **Cooking Matters** 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. Due to funding regulations, individuals can only take this class one time every two years.
- **Geri-Fit** is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program designed exclusively for older adults. The workout is considered a progressive resistance exercise program. That incorporates stretching and range of motion exercise, stability and balance training for fall prevention, cardiovascular activities for heart health and gait exercises to improve walking. This class is offered once a week for eight weeks or twice a week for four weeks.

We offer a class once we have enough interest in the class in a city or town and have an instructor available. We normally teach over 20 classes per year in the county.

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.