



Powerful Tools for Caregivers

is an educational program designed to help family caregiver (please no professional caregivers). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home or across the country.

Silvers Sneakers

is the nation's only fully funded Medicare program offered to help older adults get the activity they need to stay fit and healthy. The goal is to make the world a healthier place one person at a time. This program is available at selected locations of East Tennessee and led by certified Healthways instructors.



Stay Active & Independent for Life (S.A.I.L.)

SAIL is a *Fall Prevention* program incorporating a strength and balance fitness class which meets 2- 3 times per week for 1 hour. A class may have up to 20 participants and the exercises can be done seated or standing and at your own pace. The class includes warm ups, aerobics, balance exercises, strength training with wrist and ankle weights, along with stretching cool-down exercises. Classes are led by a certified fitness instructors who attend S.A.I.L. Instructor Training.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Matter of Balance is an 8 week program designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.



STEPPING ON

is a 7 week program that empowers older adults to carry out health behaviors that reduce the risk of falls. In a small group setting, older adults learn balance exercises and develop specific knowledge and skills to prevent falls.

Move with Balance with Music



is a fun and national award winning program that is designed to help elders improve their balance and cognitive skills. It is scientifically proven to reduce falls. It is a unique and therapeutic approach to the integration of the motor, sensory and vestibular systems of the brain. This evidenced informed program understands the positive outcomes of caring for our cognitive, motor, and spiritual selves which is particularly beneficial to older adults.



For More Information on dates and locations or to register, please contact:

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Health Promotions & Resources



Health, Education & Fitness

Evidenced Based Programs



The East Tennessee Human Resource Agency, Inc. is an equal opportunity employer and applicants are considered without regard to race, color, religion, six national origin, age, marital status, or disability.



The East Tennessee Area Agency on Aging & Disability (ETAAD) a division of the East Tennessee Human Resource Agency (ETHRA), invites you to participate in these evidenced based program (EBP) offerings. These classes are available in select counties throughout the region. Many are free for seniors or have a minimal charge and usually can be done seated or standing. All are endorsed by the National Council on Aging (NCOA) and have been researched to ensure reliability and validity for senior health and fitness.

Health, Education & Fitness

- Arthritis Foundation Aquatics
- Arthritis Foundation Exercise
- Arthritis Foundation Tai Chi
- Arthritis Foundation Walk with Ease
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Matter of Balance
- Powerful Tools for Caregiver (PTC)
- Silver Sneakers
- Stay Active and Independent for Life (SAIL)
- Stepping On



Arthritis Foundation (AF) Flagship Facility

- Aquatics
- Exercise
- Tai Chi
- Walk with Ease

There are over 100 forms of Arthritis and these outstanding programs were created for those who experience the challenges of this chronic condition. Each class generally meets a minimum of two times a week for 45-60 minutes for 6-8 weeks. Each class is scheduled in selected counties based on participant level of demand. Certified instructors lead all classes and are CPR certified.

Chronic Disease Self-Management Program “Living a Healthy Life” & Diabetes Self-Management Program

are two of Stanford Universities’ well known educational series and are conducted by trained leaders. Both programs have an excellent record of proven results to manage pain, fatigue, depression and frustration to name a few, thru a very interactive group process and weekly goal

