

ALSO AVAILABLE FROM  
THE SANFORD CENTER FOR AGING

## CONNECT WITH HEALTHCARE FROM HOME



**Medical appointments are available via telehealth. Get care by phone or computer.**

- Comprehensive geriatrics assessment
- Telesocial work and counseling
- Dementia screening and care
- Chronic care management
- Medication management

**Information or appointment:  
(775) 420-4106**

**Equipment you need:** Computer or tablet equipped with a camera and connected to high-speed internet, or a cellphone with a camera.

**Who can get services?** Any older adult (60 years or older). No separate referral is needed.



Details and registration for all programs:  
[med.unr.edu/aging/outreach/community-wellness](http://med.unr.edu/aging/outreach/community-wellness)

(775) 784-1583

[wellness.sca@unr.edu](mailto:wellness.sca@unr.edu)

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SANFORD CENTER FOR AGING

# WELLNESS PROGRAMS

Evidence-based programs  
designed to support  
your path to health and wellness



PROGRAMS FOR 2021



University of Nevada, Reno  
School of Medicine  
Sanford Center for Aging

# MANAGE YOUR HEALTH

## Chronic Pain Self-Management

This workshop was developed to help participants build confidence, manage health and maintain active and fulfilling lives while living with chronic pain and/or being a care partner for someone with chronic pain. Topics include techniques to deal with frustration and fatigue, appropriate use of medications, healthy eating and decision-making.

**Cost:** Free

**Details and dates:** (775) 235-8862 or email [wellness.sca@gmail.com](mailto:wellness.sca@gmail.com)

## Diabetes Prevention Program

Designed for anyone 18 and older who has NOT been diagnosed with diabetes but who has prediabetes (blood sugar level is higher than normal) combined with weight management issues and/or minimal physical activity. Our lifestyle coaches meet with you weekly for 6 months, then bi-weekly for another 6 months. Coaches help you develop healthy eating habits, manage stress and increase physical activity.

**Cost:** Free

**Details and class dates:** (775) 235-8862 or email [wellness.sca@gmail.com](mailto:wellness.sca@gmail.com)

## Diabetes Self-Management Program

Designed for anyone living with diabetes and/or care partner(s). Topics include balancing healthy eating with physical activity, managing difficult emotions and planning for the future.

**Cost:** Free

**Details and dates:** (775) 235-8862 or email [wellness.sca@gmail.com](mailto:wellness.sca@gmail.com)

# IMPROVE YOUR STRENGTH

## Fit & Strong!

This fitness program is designed for adults 60+ to improve balance, strength, endurance and flexibility. It reduces arthritis-related joint pain and stiffness. Ideal for people with osteoarthritis or with lower-extremity joint pain. The class meets for 90 minutes, three times a week, for eight weeks.

**Cost:** Free

**Details and dates:** (775) 235-8862 or email [wellness.sca@gmail.com](mailto:wellness.sca@gmail.com)

# PREVENT FALLS

## Stepping On

This small-group workshop is proven to reduce falls and build confidence. It is designed for people 60+ who have a fear of falling, have had a fall in the last year or are at risk of falling. Sessions include simple and fun strength and balance exercises, discussion of safety at home and outside, and information about how medications may contribute to falls.

**Cost:** Free

**Details and dates:** (775) 235-8862 or email [wellness.sca@gmail.com](mailto:wellness.sca@gmail.com)