



For the Health of It!

**at St Francis Pastoral Life Center
411 S. 5th, Hamilton**



FREE Diabetes & Prediabetes Workshop – Starts Thurs, January 11, 1-2:30pm

The Diabetes Empowerment Education Program (DEEP) is a Medicare-approved education program for people with prediabetes or diabetes to help prevent/reduce complications such as kidney failure, amputation, vision loss, heart failure, and stroke. A trained facilitator from the Ravalli County Council on Aging will provide 6 free weekly sessions per class covering topics including risk factors, nutrition, complications, physical activity, problem-solving, and how to access community diabetes resources. **The dates are Jan 11, 18, 25, Feb 1, 8 & 15 from 1:00 to 2:30pm.**

Call Kayla at 363-5690 for more info and to sign up! Seats are limited.

Prevent Falls, Improve Balance!! STEPPING ON CLASS starts Tue, Jan 9, 1-3pm

More than 30% of adults over 65 fall each year! Falls are the leading cause of injury-related death in older adults! The *Stepping On* program uses small group ‘workshop’ meetings for 7 weeks plus individualized follow-up to build confidence in ability to prevent/reduce falls. It covers a range of issues, including fall risk, strength and balance exercises, home hazards, safe footwear, medication, vision and falls, mobility and safety in public places, coping after a fall, etc. **The dates are Jan 9, 16, 23, 30, Feb 6, 12, 19 from 1:00 to 3pm.**

Call Kayla now at 363-5690 for more info and to sign up! Cost is just \$10.

CHAIR YOGA – with Cynthia (by donation)

Mondays & Wednesdays – 12pm (RCIA Room) Great for stretching & strengthening!



****NOTE: 11am on 2nd Wednesdays BEFORE Ladies Luncheons**

TAI CHI – with Mike (by donation)

Come enjoy this gentle ‘martial art’ exercise for body, mind, and spirit! Recommended by health care providers to help with arthritis, diabetes, dementia, etc.

Thursdays at 4pm (Main Room) Fridays at 1pm (Main Room)



INDOOR “Hall” WALKING – Beat the cold & keep active this winter!

Come walk in the Pastoral Life Center hallways (16 laps = 1 mile)



Monday thru Thursday – 9am – 3pm Fridays – 9am - 12pm

SIGN-IN/OUT: Please “Sign-In” and “Sign-out” in the Office before you start and when finished. Keep track of your laps and earn a special prize every 50 miles!
(*Center closed on Holidays)

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>
Chair Yoga 12pm (Cynthia)	Stepping On - Fall Prevention 1-3pm (starting Jan 9)	Chair Yoga 12pm (2 nd Wed starts at 11) (Cynthia)	Diabetes Education Class 1-2:30pm (starting Jan 11) Tai Chi – 4pm (Mike)	Tai Chi 1pm (Mike)