

Healthy Aging
Association



INVEST IN AGING
Fitness & Health Programs
Older, Wiser, Stronger



Healthy Aging Association's mission is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health and nutrition practices.

Programs Offered Include:

Young at Heart Strength Training

Tai Ji Quan: Moving for Better Balance

Tai Chi

Everybody Loves Line Dancing

Dignity At Home Fall Prevention Program

A Matter of Balance: Managing Concerns About Falls

Go Green for Seniors - Green Bag Program

**Currently looking for new program volunteers*

Education and Outreach in:

Fall Prevention Awareness and Education

Health & Fitness Education

Nutrition Education

For more information
call (209) 525-4670

The 17th Annual

Age with Movement Celebration



May 3, 2024

8:00 am -12:00 pm

East La Loma Park • Modesto

Schedule of Events

8:00 A.M. Kick-off

8:10 A.M. Tai Ji Quan: Moving for Better Balance

8:30 A.M. - Group Walk on the Trail

9:30 A.M. Line Dancing with Healthy Aging Association

10:00 A.M. - 2nd Group Walk on the Trail

10:30 A.M. - Tai Chi with Healthy Aging Association

9:00 A.M., 10:00 A.M., and 11:00 A.M. BINGO*

11:30 A.M. Cool-down & Feel Young at Heart

**Extra donation per BINGO card*



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Fitness & Health Programs
Older, Wiser, Stronger

*Thank you for supporting
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(209) 525-4670

HealthyAgingAssociation.org

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Health Plan
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Let's talk about healthy aging.

✓ Check in. Check it off!

Are you up to date on your wellness exams? HPSJ encourages exams to help adult men and women stay healthy and live longer.

- Colon screenings
- Cholesterol tests
- Diabetes A1c
- Health exams
- Blood pressure checks

📅 Schedule a wellness visit.

Prevent illness and keep doing the things you love. For more information on wellness exams and routine care, call HPSJ at **888-936-7526 TTY 711** or visit www.hpsj-mvhp.org.

🏥 Medi-Cal renewals **are happening now!**

Go to BenefitsCal.com to update your personal information and learn more about keeping your Medi-Cal coverage.

Save the Date Healthy Aging & Fall Prevention Summit



Friday, October 11, 2024

8:00 a.m. - 1:00 p.m.

Modesto Centre Plaza | 10th & K Street
Health Screenings, Education &
Fall Prevention Resources for Older
Adults and Caregivers



- Diabetes & Cholesterol Screenings
(need to fast prior)
- Blood Pressure Checks
- Bone Density | Depression Screenings
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As a part of our mission to keep older adults healthy and independent, Independence at Home (IAH) offers a wide range of community education programs and activities to older adults and their caregivers.

Our lectures, workshops and courses cover an array of health-related, social and technology topics that matter most to the older adults and caregivers we serve.

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Thank you Second Harvest of the Greater Valley,
Central Valley Hearing Health and Starbucks for
the refreshments!





TAKE ACTION TO Prevent Falls Today!

The Dignity At Home program provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities **who are at risk of falling** in Stanislaus County.

Address fall hazards to increase your confidence and to protect yourself against falling.



For additional fall prevention education or for additional information call Healthy Aging Association at (209) 525-4670

If you are ready to get the process started please call the Area Agency on Aging at (209) 558-8698

A Matter of Balance can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. The classes meets locally for 8-weeks, for 2 hours.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Designed to benefit older adults who:

- are concerned about falls.
- have fallen in the past.
- restrict activities because of concerns about falling.
- are interested in improving flexibility, balance and strength.
- are age 60 or older, ambulatory and able to problem solve.



Call Healthy Aging Association at (209) 525-4670 for more information



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