

CoAction's Program

Our workshops are designed to empower older adults with insights and strategies to manage and improve their health. Workshops cover challenges faced by older adults, emphasizing proactive health maintenance and injury prevention. Contact us to host a class for older adults. **All our workshops can be in-person or virtual!**

- By hosting these workshops, you
- provide individuals with the opportunity to learn effective caregiving techniques.
 - reduce the risk of falls.
 - encourage healthier lifestyle choices.
 - foster a community of mutual encouragement and understanding.

Our classes help older adults maintain their independence, optimize their physical health, and navigate healthcare with confidence.

Let us help you promote proactive approaches that enhance the well-being of older adults and contribute to healthier lives for older adults and their caregivers.

Outreach & Education Coordinator



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HEALTH AND WELLNESS FOR OLDER ADULTS

Strategies for managing and improving health and wellbeing.



A MATTER OF BALANCE

8 weeks, 2hr sessions; Groups of 8-12

Reduce injuries by:

- Setting goals to increase physical activity.
- Implement changes at home to reduce fall risks.
- Engage in exercises that enhance strength and balance.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

W.I.S.E

**Wellness, Independence, Safety,
and Empowerment**

6 weeks, 90min sessions; Groups of 8-12

- Understand the aging process and make healthy lifestyle choices.
- Celebrate the benefits of this stage of life.
- Identify and avoid risk factors and unhealthy behaviors.
- Learn about the unique impacts of alcohol and medications on seniors.
- Gain skills to navigate healthcare and advocate for personal health needs effectively.



GEMINUS



BUILDING BETTER CAREGIVERS

6 weeks, 2.5hr sessions; Groups of 8-12

- Learn effective caregiving strategies.
- Gain support from other caregivers.
- Focus on personal health and practice self-care.
- Connect with a community of caregivers for mutual support.



SMRC
Self-Management
Resource Center

MANAGING CHRONIC CONDITIONS & MANAGING DIABETES

6 weeks, 2.5hr sessions; Groups of 8-14

- Appropriate use of medication.
- Working with health care providers.
- Communicating with others.
- Action-planning, problem-solving, decision-making.

