

**150 PTS.
for each
class**

LIVING WELL CLASSES

Free or Low Cost Health Classes

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Low impact 8-week class done either sitting or standing, with gentle joint safe exercises that relieve stiffness and decrease arthritis pain. Instructors cover a variety of range-of-motion exercises, endurance-building activities, relaxation techniques, and health education topics.



ENHANCE FITNESS

Enhance Fitness combines three key components of fitness: strength training, flexibility and cardiovascular conditioning with the addition of balance exercises. Participants can work at their own pace with variations and modifications offered to ensure each person can find a level that is perfect for them.

TAI CHI FOR HEALTH & FITNESS

Tai Chi is an exercise that can relieve pain, improve health, and increase ability. It's easy and fun to learn. Tai Chi consists of slow continuous whole-body movements, strung together like a dance. This 8-week class is offered to those 65 years and older.



WALK WITH EASE

Walk With Ease is a 6-week fitness program that helps reduce pain and improve one's overall health. The program helps participants walk safely and comfortably, reduce pain, and improve flexibility.

LIVING WELL WITH CHRONIC PAIN

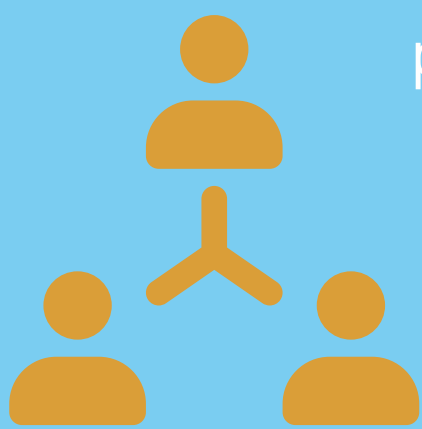
Living Well with Chronic Pain (LWCP) is a 6-session workshop designed for those dealing with chronic pain. Participants learn self-management techniques and skills needed in the management of their chronic pain condition.



LIVING WELL WITH CHRONIC CONDITIONS

The 6-week class empowers participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. Family members and others who support people with a chronic health condition are also encouraged to attend.

LIVING WELL WITH A DISABILITY



Living Well with a Disability is a 10-week peer-facilitated health promotion workshop for people with disabilities. Participants in the program learn the life skills they need to set and achieve quality-of-life goals and the important role health plays in helping them reach their goals.

STEPPING ON

The Stepping On Program empowers older adults to incorporate healthy behaviors that reduce the risk of falls. Offered once a week for seven weeks, this workshop uses adult education and self-efficacy principles. This class is offered to those 60 years and older.



HOW DO I SIGN UP & EARN POINTS?

1. Go to livingwell.utah.gov and click find a workshop.
2. Enroll and participate in the course of your choice.
3. Complete the [Living Well verification form](#) and the [post-survey](#) to earn 150 points.

Please see class information on verification form for requirements to receive 150 points.