

Managing Your Health and Wellness

FREE classes for those enrolled in Missouri Medicaid home- and community-based programs and their caregivers.

The ma4 Network offers classes statewide in Missouri to help adults manage chronic diseases and other health and social needs, decrease stress and improve overall wellbeing.



HEALTH PROMOTION PROGRAMS

Our Health Promotion Courses are six-week, small-group classes that help participants learn to manage chronic health conditions, develop healthy eating habits and make action plans to enhance the quality of their lives. The group classes may be in-person, online or over the phone. Most classes meet once per week for two and a half hours. Walk with Ease meets twice per week for one hour at a time.

- **Steps to Healthier Living**

Learn to manage chronic conditions such as heart disease, diabetes, stroke or cancer. Participants report better energy, reduced fatigue, improved health and quality of life, and improved social networks and communication with doctors and support providers.

- **Tomando Control de su Salud**

Similar to Steps to Healthier Living, this is a culturally appropriate class, offered in Spanish.

- **Steps to Healthier Living: Diabetes Edition**

Targeted for individuals living with Type 1 or Type 2 diabetes or who are pre-diabetic, this program helps participants manage their diabetes through lifestyle changes.



- **Steps to Healthier Living: Chronic Pain Edition**

Learn skills and tools for living with the challenges that come with chronic pain as a result of a chronic illness.

- **Steps to Healthier Living: Workplace Edition**

An adaptation of the Steps to Healthier Living Program, this class offers similar content, but delivered in one-hour segments for the workplace.

- **Building Better Caregivers**

Helps family caregivers learn a variety of skills, such as time and stress management, healthy eating, exercise and dealing with difficult emotions. (Only available in the Kansas City region.)

- **Walk with Ease**

This program helps people with arthritis or other related conditions reduce pain, balance, strength and walking pace, and improve overall health.

For information, visit
www.marc.org/MSNclasses

(Use code "MSNHealth"
when registering.)

For information: 816-936-8802
or agingacct@marc.org

