



Missouri Department of Health and Senior Services

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INFO 11-21-01

November 9, 2021

MEMORANDUM FOR HOME AND COMMUNITY BASED SERVICES STAFF AND STAKEHOLDERS

FROM: Venice Wood, Section Administrator
Home and Community Based Services

Venice Wood

SUBJECT: Health Promotion Courses

This memorandum is to advise Home and Community Based Services (HCBS) staff and stakeholders of an exciting opportunity for participants enrolled in HCBS and their caregivers to access free Health Promotion courses.

The Missouri Association of Area Agencies on Aging (MA4) Network is offering a program to HCBS participants and their caregiver access to free community-based classes designed to help improve their overall health and wellness¹.

Classes offered by the MA4 Network focus on:

- Developing tools to manage life's challenges, including chronic conditions, general health and social needs;
- Building social support networks through relationship building;
- Problem solving life's daily challenges; and
- Improving communication strategies with doctors and care providers.

Please access the following link to a video explaining the program and includes testimonials from participants who have benefitted: [Community Wellness Programs](#).

Available programs include:

- Steps to Healthier Living (including Chronic Pain, Diabetes and Workplace Editions);
- Tomando Control de su Salud;
- Walk with Ease; and
- Building Better Caregivers (KC region only).

¹ This project was funded in part by an award to the Mid-America Regional Council through Patient Protection and Public Health Fund grant no. 90CSSG0043-01-00 by the US Department of Health and Human Services, Administration for Community Living.

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Healthy Missourians for life.

The Missouri Department of Health and Senior Services will be the leader in promoting, protecting and partnering for health.

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

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The Health Promotion classes can be accessed at the following link: <https://www.marc.org/msnclasses>.
Upcoming course dates are still to come and are likely to begin in January 2022.

A brochure summarizing the program can be accessed on the [HCBS Services Provider Information Page](#)
and at the following link: [ma4-medicaid-handout.pdf \(mo.gov\)](#)

HCBS participants and caregivers interested in the program can complete a survey at the following link:
<https://forms.office.com/r/38VUzCW9P1>.

Questions regarding this memorandum should be directed to the Bureau of Long Term Services and
Supports (BLTSS) via e-mail at LTSS@health.mo.gov.

VW