



IL Pathways Outreach Toolkit

For CCDPH
partners



Illinois Pathways
to Health
by AgeOptions

Workshop Series

FLYER TEMPLATES



Active Choices

Do you need guidance with increasing physical activity?

Active Choices is an individualized program that can be delivered by telephone or through online meeting platforms (e.g., Zoom). It provides remote guidance, feedback, and support while offering adults the flexibility to choose when and where to undertake their physical activity. This individualized approach to physical activity facilitates long-term exercise participation with a minimal amount of in-person contact.

Topics covered:

- Behavioral Health
- Cancer Survivors
- Chronic Disease
- Falls Prevention
- Physical Activity

Workshops meet once a week for six weeks for 2.5 hours with a break

Meets on {Day of the Week}
Month & Date - Month & Date
{Insert address or via zoom link}

Register here:

Contact:

Benefits of the class:

- Increased energy and less fatigue
- Increased physical activity
- Increased confidence in managing health
- Decreased pain and depression

Active Choices

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Save your own copy and edit what is needed through Canva.

Click here to access template





Take Charge of Your Diabetes

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Save your own copy and edit what is needed through Canva.

[Click here to access template](#)



Do you have diabetes or pre-diabetes?



Then a Take Charge of Your Diabetes the workshop is a good fit for you! Join us from the comforts of your home to build skills and gain confidence in managing your diabetes and leading an active, fulfilling life.

Topics covered:

- Healthy eating and menu planning
- Physical activity and exercise
- Ways to deal with pain, fatigue, and stress
- Decision-making and problem-solving
- Effective communication with family and health care providers
- Weekly action planning and goal setting

Workshops meet once a week for six weeks for 2.5 hours with a break

Meets on {Day of the Week} Month & Date - Month & Date {via zoom link}

Register here:

Contact:

Benefits of the class:

- Helps to lower A1C levels
- Increase physical activity
- Increase confidence in managing symptoms
- Decrease pain and depression
- Less frustration or worry about health



Take Charge of Your Health

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TAKE CHARGE
of your Health:
Chronic Conditions

Do you have a chronic condition?



Take Charge of Your Health: Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage to live with a chronic health condition.

Topics covered:

- Nutrition and healthy eating habits
- Physical activity and exercise pain and stress management
- Effective communication with family, friends, and health care providers
- Problem-solving, goal setting, and many more
- Action planning, Improve sleep, and Pain management techniques

Workshops meet once a week for six weeks for 2.5 hours with a break

Meets on {Day of the Week}
Month & Date - Month & Date
{Insert address or via zoom link}

Register here:

Contact:

Benefits of the class:

- Increased energy and less fatigue
- Increased physical activity
- Increased confidence in managing health
- Decreased pain and depression

Engaging Interactive Effective

Evidence-based Health Promotion Workshops



The **Take Charge** Program is a small group workshop for adults with ongoing health conditions such as arthritis, asthma, diabetes, depression, etc. Participants learn skills proven to help them make meaningful and lasting changes to their health.

All programs include similar activities such as healthy eating physical activity, effective communication, goal setting, decision benefits unique to each.

Take Charge of Your Health

Workshops are designed for people with ongoing health conditions and their caregivers. Topics covered:

- Healthy eating
- Physical activity
- Pain management
- Goal setting
- Medication management
- Decision making

Take Charge of Your Diabetes

Workshops are designed for people with diabetes, pre-diabetes, and their caregivers. Topics covered:

- Menu planning
- Physical activity
- Goal setting
- Monitoring Foot care
- Problem solving

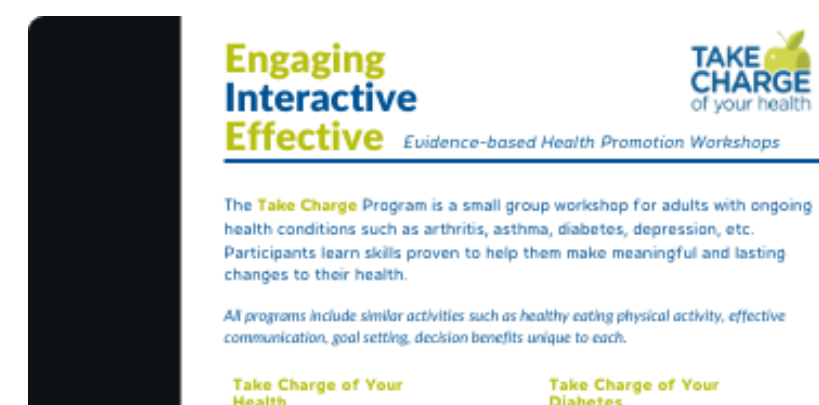
Workshops meet for six weeks either in person or virtually on Zoom Sessions are 2.5 hours with a break



Take Charge Series Programs

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Save your own copy and edit what is needed through Canva.

[Click here to access template](#)





Workshops

SOCIAL MEDIA POSTS

TAKE CHARGE OF YOUR DIABETES FREE WORKSHOP

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.



-  **Day of the week**
Month & Date - Month & Date
-  **Insert Time here**
-  **Contact Info**
-  **address or virtual zoom link**



Caption:

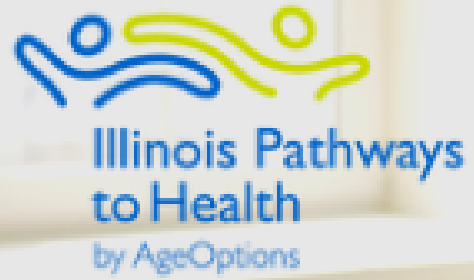
#Diabetes should not stop you from moving and being active. Take care of your health and register for the upcoming workshop.

Call us at (Insert number here) or email (insert email here).

#Diabetes #HealthyAging #IllinoisPathwaysToHealth

Click Here access the Template





"I feel that as I get older, it's harder to stay on track, and your class gave me the chance to think things over and make more good changes."

Caption:

No one should have to deal with an ongoing health condition alone. Illinois Pathways is here to help you. Take charge of your health by registering for the upcoming workshop.

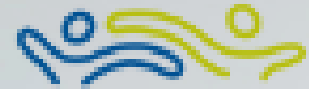
Call us at [\(Insert number here\)](#) or email [\(insert email here\)](#).

[#HealthyAging](#) [#IllinoisPathwaysToHealth](#)



[Click Here access the Template](#)

Did you know?



Illinois Pathways
to Health
by AgeOptions



Did you know our workshops are also
beneficial for caregivers of people with
ongoing health conditions?



Caption:

We all know the challenges of taking care of a loved one with an ongoing health condition. We can help you. Register for the upcoming Take Charge of your health workshop series today.

(Workshop meeting info)

Visit (insert link here) to register/

#HealthyAging #Caregiver #ILPW

Select the sample image to
access the Template

What you will learn in the Take Charge of Your Health workshop



- Nutrition and healthy eating habits
- Physical activity and exercise
- Pain and stress management
- Effective communication with family, friends, and healthcare providers
- Problem-solving, goal-setting, and many more.



Caption:

Join us and learn everything you need to take charge of your health.

Call us at **(Insert number here)** or email **(insert email here)**.

#HealthyAging #IllinoisPathwaysToHealth

Select the sample image to access the Template



IL Pathways Outreach Toolkit

For all partners



Illinois Pathways
to Health
by AgeOptions



ILPW General

FLYER TEMPLATES

Engaging Interactive Effective

Evidence-based Health Promotion Workshops



The **Take Charge** Suite of Programs are small group workshops for adults with ongoing health conditions and their caregivers. Participants learn skills proven to help make meaningful full and lasting changes to their health

All programs include similar activities such as healthy eating physical activity, effective communication, goal setting, decision benefits unique to each

Cancer: Thriving & Surviving



- For adults living with or those impacted by cancer.
- Learn techniques to deal with problems such as frustration, fatigue, pain, isolation and living with uncertainty.

Take Charge of Your Pain



- For adults, 18 years and older, living with chronic pain.
- Nutrition, healthy eating, and menu planning activities
- Discuss medication management, monitoring, and foot care
- Helps to lower A1C levels

Workplace: Take Charge of Your Health



- Working adults living with one or more chronic conditions.
- Increase productivity
- Decrease absenteeism
- Reduce healthcare costs
- Improve overall health and well-being
- Improved exercise and eating behaviors



Contact the Health Promotion Team at AgeOptions at (800)699-9043 or email info@ilpathwaystohealth.org

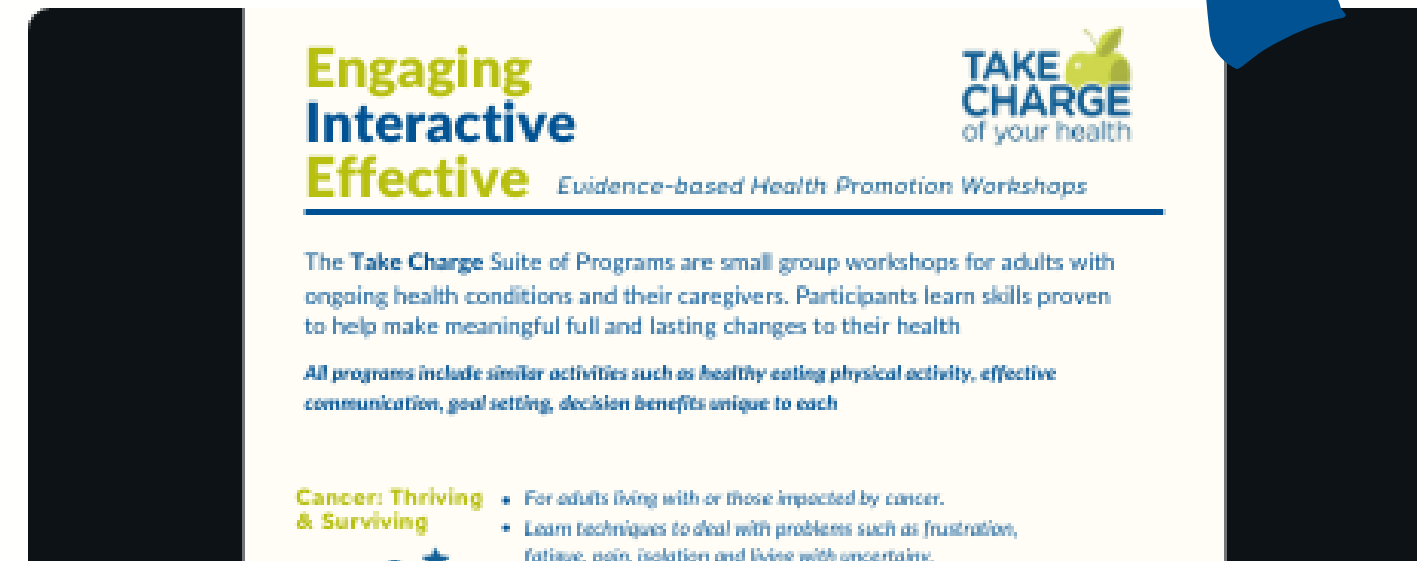
This workshop is open to any resident in the State of Illinois except for residents of the following counties: Boone, Carroll, DeKalb, Lee, Ogle, Jo Daviess, Stephenson, Whiteside, and Winnebago.

This project was supported in part by grant number 90FPSG0030-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Take Charge Series Programs

Do not edit the original template.
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is needed through Canva.

Click here to access template



Keep Moving & Stay Active

With a Proven Fall Prevention Program!

According to the National Council on Aging

In 2013, the total cost of fall injuries was \$34 billion (78% paid by Medicare)
This total cost was expected to reach \$67.7 billion in 2020.

Even falls without injury can cause fear of falling, leading to physical decline, depression, and social isolation

- **1 in 4 Americans** aged 65+ falls each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall

Don't let the fear of falling keep you from the activities you enjoy. Falls can be prevented. Fall prevention programs are the answer. Choose the right one for you.



Illinois Pathways to health Fall Prevention Programs



A Matter of Balance

Designed to improved balance, flexibility and strength while viewing falls as controllable.

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance



Bingocize

Combines a bingo-like game with exercise and health education.

- Improved lower/upper body strength, gait, balance, and range of motion
- Improved cognitive function
- Increased social engagement
- Improved knowledge of falls risk reduction and other important health topics



Tai Chi for Arthritis

Slow and relaxing exercise that can improve balance, relieve pain, and improve health and ability to do things.

- Improve balance, muscular strength, mobility, and flexibility
- Improve psychological health
- Decrease pain
- Prevent falls
- Build confidence and have fun

Fall Prevention Series Programs

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[Click here to access template](#)



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Workshop Series

FLYER TEMPLATES

Tai Chi for Arthritis & Fall Prevention

Are you looking for a slow and easy exercise class?

Join us on Thursdays for Tai Chi for Arthritis & Fall Prevention Workshop. It is a slow exercise. It is easy to learn and good for all ability levels. Tai Chi is one of the most effective exercises for a healthy mind and body

Topics covered:

- Warm-up and cool-down exercises
- One or two movements per lesson
- Breathing techniques
- Tai Chi principles including those relating to improving physical and mental balance

Benefits of the class:

- Improve balance, muscular strength, mobility, and flexibility
- Improve psychological health
- Decrease pain
- Prevent falls
- Build confidence and have fun



Workshops meet once a week for six weeks for 2.5 hours with a break

Meets on {Day of the Week} Month & Date - Month & Date {via zoom link}

Register here:

Contact:



Register in person at the Schiller Park Recreation Center 9638 West Irving Park Road or call Mary Maltese at (847) 678-8765. For more information please email seniorservices@schillerparkil.us

Contact the Health Promotion Team at AgeOptions at AgeOptions (800)699-9043 or email info@ilpathwaystohealth.org

This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

Tai Chi for Arthritis and Fall Prevention

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LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE®

Bingocize® is a 10-week program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people all while learning about techniques to reduce falls. **Bingocize® is exercise for your body, mind and spirit.**

Benefits of the class:

- Improved lower/upper body strength, gait, balance and range of motion
- Improved cognitive function
- Increased social engagement
- Improved knowledge of falls risk reduction and other important health topics

Meets Mondays and Fridays

June 6th – Aug 19th

10:30 am – 11:30 am

Brookfield Library

3541 Park Avenue, Brookfield, IL 60513



Bingocize

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Contact the Health Promotion Team at AgeOptions at AgeOptions (800)699-9043 or email info@ilpathwaystohealth.org

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Cancer: Thriving & Surviving



Are you or a loved one living with or has been affected by cancer?

Cancer: Thriving & Surviving workshop is facilitated by two trained leaders and focuses on increasing your ability to manage your health and maintain an active and full life. The program is open to people with cancer, survivors, family, friends, and caregivers.

Participants will learn:

- Setting priorities
- Relationships
- Nutrition
- Techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep, and living with uncertainty
- Communicating effectively with family, friends, and health professionals
- Making decisions about treatment and complementary therapies
- Appropriate exercise for regaining and maintaining flexibility and endurance

Workshops meet once a week for 8 weeks

Meets on {Day of the Week}

Month & Date - Month & Date
{via zoom link or address}

Register here:

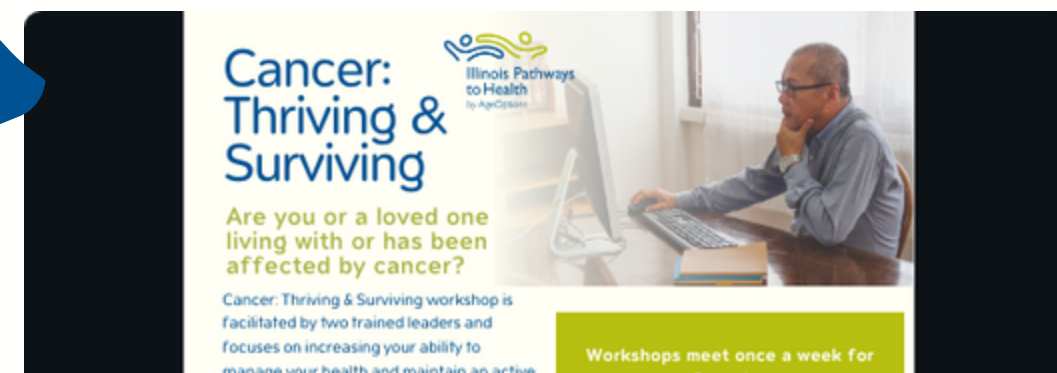
Contact:

(insert optional text here)

Cancer: Thriving & Surviving

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Click here to access template



Contact the Health Promotion Team at AgeOptions at AgeOptions (800)699-9043 or email info@ilpathwaystohealth.org

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Matter of Balance: Managing Concerns about Falls

Do you limit your social activity due to the fear of falling? Overcome those fears in order to gain a more active and fulfilling lifestyle! Reduce your risk and improve your balance with A Matter of Balance.

During this nine-session workshop, you will learn to:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce falls.
- Exercise to increase strength and balance.
- Learn strategies to overcome your fear of falling to return to higher social and physical activity levels.



Workshops meet 2X a week for 9 weeks for 2.5 hours

Meets on (Insert days of the week)
Month & Date - Month & Date
{via zoom link or address}

Register here:

Contact:



Matter of Balance

Do not edit the original template.
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Matter of Balance: Managing Concerns about Falls

Do you limit your social activity
due to the fear of falling?
Overcome those fears in order



Contact the Health Promotion Team at AgeOptions at AgeOptions (800)699-9043 or email info@ilpathwaystohealth.org

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TAKE CHARGE
of your Pain

Do you have a chronic pain?



Chronic Pain Self-Management is a group class designed to help participants live a healthy life with chronic pain by managing their symptoms. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage to live with chronic pain.

Topics covered:

- Medication Management
- Nutrition
- Pain Management
- Physical Activity

Benefits of the class:

- Less pain
- Less depression
- Less dependency
- Increased self-efficacy
- Improved role behaviors and life satisfaction

Workshops meet once a week for six weeks for 2.5 hours with a break
Meets on {Day of the Week} Month & Date - Month & Date {via zoom link}
Register here:
Contact:

Take Charge of Your Pain

Do not edit the original template.
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Workplace: Take Charge of Your Health

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[Click here to access template](#)



Workplace Take Charge of Your Health is an interactive workshop for employed people living with one or more physical or mental health chronic conditions such as arthritis, diabetes, heart disease, depression, etc. Participants learn the skills to manage their conditions on a day-to-day basis: balancing work and home life, exercise, healthy eating, symptom management, weight loss, and communication skills.

Workshops meet once a week for six weeks for 2.5 hours with a break
Meets on {Day of the Week} Month & Date - Month & Date {via zoom link}
Register here:
Contact:

Topics covered:

- Chronic Disease
- Medication Management
- Nutrition
- Pain Management
- Physical Activity

Benefits of the class:

- Improve overall health and well-being
- Improved exercise and eating behaviors
- Reduced fatigue
- Increase productivity
- Decrease absenteeism
- Reduce healthcare costs

Contact the Health Promotion Team at AgeOptions at (800)699-9043 or email info@ilpathwaystohealth.org

This workshop is open to any resident in the State of Illinois except for residents of the following counties: Boone, Carroll, DeKalb, Lee, Ogle, Jo Daviess, Stephenson, Whiteside, and Winnebago.

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Workshops

SOCIAL MEDIA POSTS

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

FREE WORKSHOP

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels.

 Mondays & Wednesdays
6/6/2022 - 6/29/2022

 10:00 AM - 11:00 AM

 www.ilpathwaystohealth.org

 Armond King 9238 Gross Point Rd.
Skokie, IL 60077



Caption:

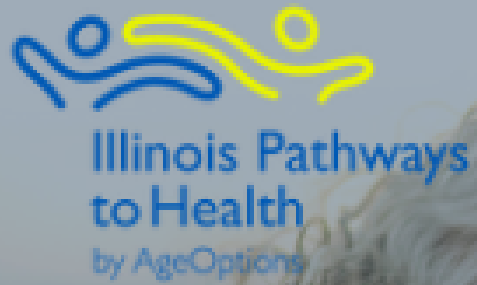
Tai Chi is one of the most effective exercises for the health of the mind and body. Learn to:
Reduce the fear of falling, improve relaxation and balance, relieve pain and have fun!

Register Here: (insert registration link here)

[#TaiChi](#) [#HealthyAging](#) [#ILPathways](#)

[Click Here access the Template](#)





Illinois Pathways
to Health
by AgeOptions

"Tai Chi has helped me with balance, coordination, and focus. It is challenging enough to be interesting but not frustrating. There is no pain when I do the movements and it has helped decrease the pain in my knees from arthritis."

Caption:

Tai Chi is one of the most effective exercises for the health of the mind and body. Learn to:
Reduce the fear of falling, improve relaxation and balance, relieve pain and have fun!
Register Here:

[#TaiChi](#) [#HealthyAging](#) [#ILPathways](#)

[Click Here access the Template](#)



BINGOCIZE

WORKSHOP

Bingocize combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement.



Insert dates and days here



Insert Time here



Insert website Here



Insert Location Here



Caption:

Most #AgingAdults are managing at least one #HealthCondition. You don't have to do this alone.

Attend our Bingocize workshop for a unique solution that combines exercise, health education, and the familiar game of bingo in a fun way to get you moving and socializing.

Visit the link below to sign up for a free workshop (insert register link here)

[Click Here access the Template](#)



FUN FACT



Did you know our exercises can be completed either sitting or standing?



Caption:

Either sitting or standing, Bingocize can improve your physical and mental health.

Go to ilpathwaystohealth.org to find a Bingocize class near you.

Call us at (Insert number here) or email (insert email here). #agingwell #Bingocize

[Click Here access the Template](#)



CANCER: THRIVING & SURVIVING

FREE WORKSHOP

Cancer: Thriving & Surviving workshop is facilitated by two trained leaders and focuses on increasing your ability to manage your health and maintain an active and full life.



Insert day if the week

Insert dates



Insert times



www.ilpathwaystohealth.org



Insert address



Caption:

#Cancer can be difficult for the patient and their families. If you need help on how to manage living with cancer, join a Cancer: Thriving & Surviving workshop.

Visit (insert link) to register. For more info please visit www.ilpathwaystohealth.org or call (insert number)

[Click Here access the Template](#)



MATTER OF BALANCE

FREE WORKSHOP



Do you limit your social activity due to the fear of falling? Overcome those fears in order to gain a more active and fulfilling lifestyle! Reduce your risk and improve your balance with A Matter of Balance.



Insert day of the week

Insert dates



Insert times



www.ilpathwaystohealth.org



Insert address



Caption:

Reduce your risk and improve your balance with A Matter of Balance workshop. This workshop series will teach you strategies to overcome your fear of falling to return to higher social and physical activity levels.

Visit

<https://www.ilpathwaystohealth.org/Classes/Register/437> to register.

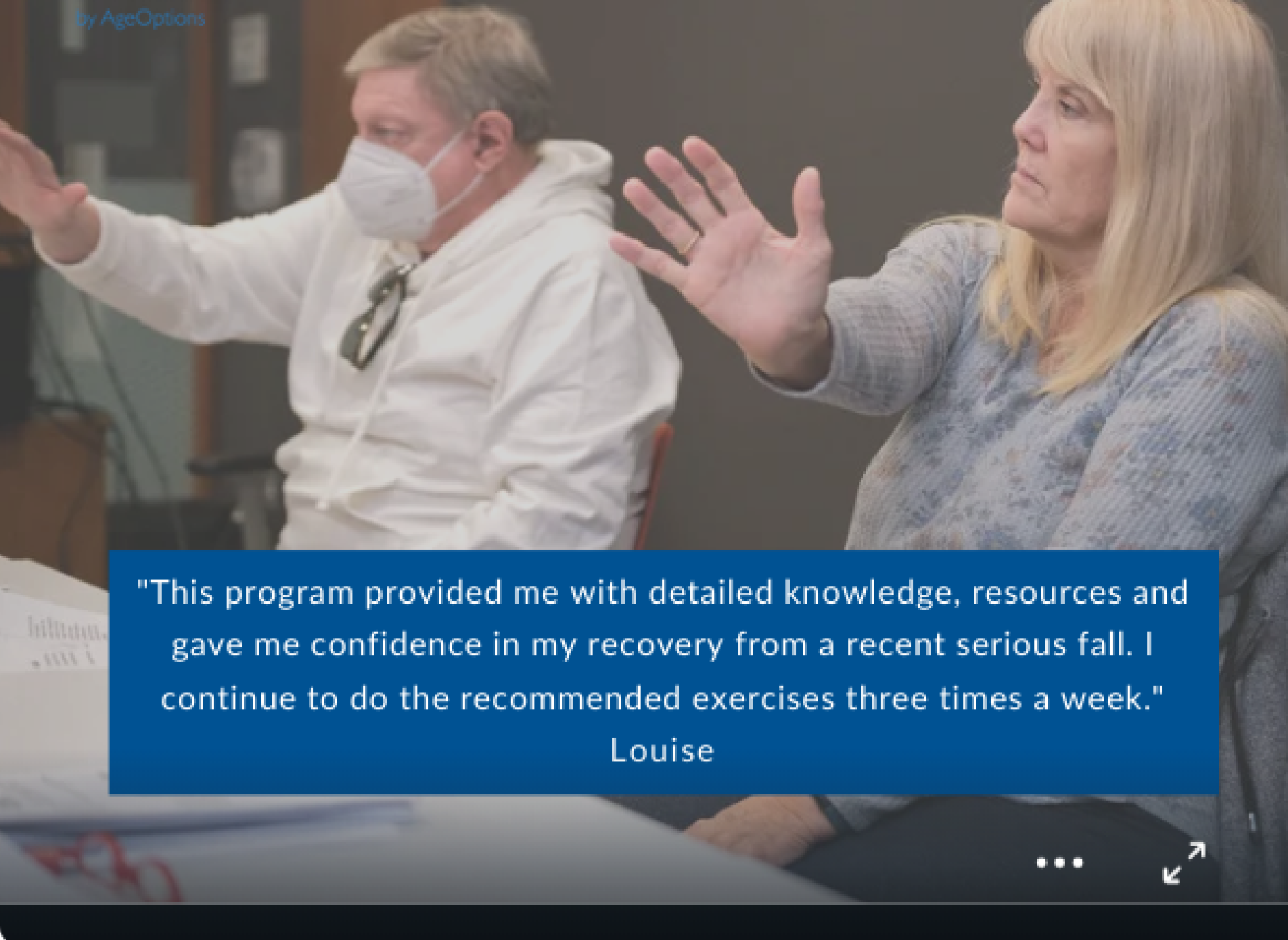
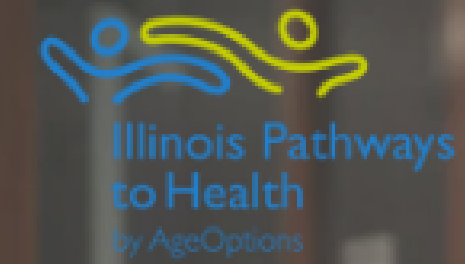
For more info please visit www.ilpathwaystohealth.org or call Melissa White, Kim Castillo

#FallPrevention #OlderAdults #HealthyAging

[Click Here access the Template](#)

MATTER OF BALANCE
FREE WORKSHOP





"This program provided me with detailed knowledge, resources and gave me confidence in my recovery from a recent serious fall. I continue to do the recommended exercises three times a week."

Louise

Caption:

Reduce your risk and improve your balance with A Matter of Balance workshop. This workshop series will teach you strategies to overcome your fear of falling to return to higher social and physical activity levels.

Visit (insert link) to register. For more info please visit www.ilpathwaystohealth.org or call (insert number)

[#FallPrevention](#) [#OlderAdults](#) [#HealthyAging](#)



[Click Here access the Template](#)

TAKE CHARGE OF YOUR PAIN

FREE WORKSHOP

Chronic Pain Self-Management is a group class designed to help participants live a healthy life with chronic pain by managing their symptoms.



Insert day of the week

Insert dates



Insert times



www.ilpathwaystohealth.org



Insert address



Caption:

Take Charge of your Pain teaches new strategies that will give participants the confidence, motivation, and skills needed to manage to live with chronic pain.

Visit (insert link) to register. For more info please visit www.ilpathwaystohealth.org or call (insert number)

#PainManagement #OlderAdults #HealthyAging

[Click Here access the Template](#)



WORKPLACE: TAKE CHARGE OF YOUR HEALTH FREE WORKSHOP

Workplace Take Charge of Your Health is an interactive workshop for employed people living with one or more physical or mental health chronic conditions such as arthritis, diabetes, heart disease, depression, etc



Insert day of the week
Insert dates



Insert times



www.ilpathwaystohealth.org



Insert address



Caption:

Managing a job and a chronic condition can be stressful. You don't have to do it alone. Join our free workshop and learn the skills to manage your conditions on a daily basis.

Visit (insert link) to register. For more info please visit www.ilpathwaystohealth.org or call (insert number)

#PainManagment #OlderAdults #HealthyAging



[Click Here access the Template](#)

ILPW Workshops

**"HEALTH-SPECIFIC
MONTHS/DAYS OF
AWARENESS"**

SOCIAL MEDIA TEMPLATE



JULY 2022

Healthy Vision Month

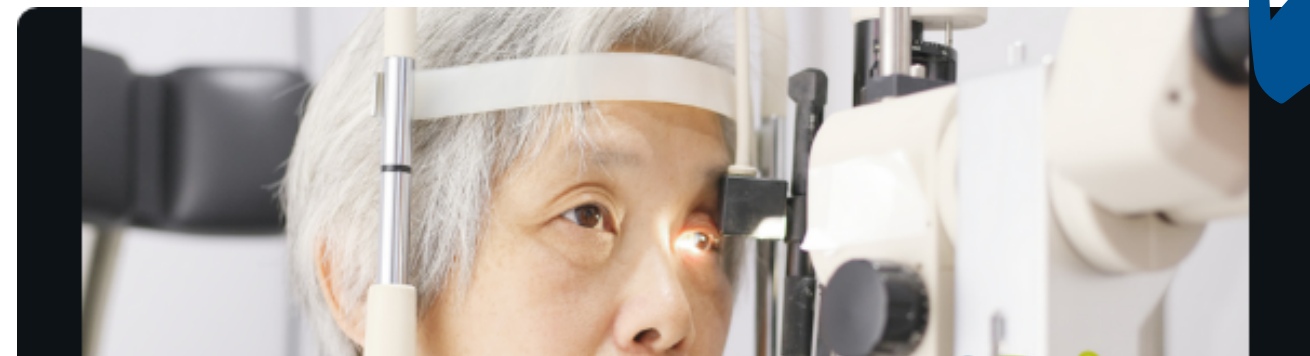
Caption:

July is the perfect time for sun, swimming, and focusing on vision health. A great way to improve eyesight is to exercise regularly. Illinois Pathways has weekly free workshops designed to benefit older adults with all ability levels.

Visit our website and find the right workshop for you. (ilpathwaystohealth.org)

[#HealthyVisionMonth](#) [#Eyes](#) [#ILPathways](#)

[Click Here access the Template](#)



AUGUST 2022

Gastroparesis Awareness Month



August is Gastroparesis Awareness Month, which is dedicated to improving understanding and management of the disease.

Gastroparesis, also known as delayed gastric emptying, is a chronic condition that affects the stomach muscles and prevents proper movement of food from the stomach to the small intestine.

Caption:

August is Gastroparesis Awareness Month. Many older adults live with chronic conditions such as Gastroparesis. If you are looking to manage a chronic condition join IL Pathways Chronic Conditions free workshop.

Visit our website and register for a class near you: Take Charge of Your Health: Chronic Conditions | Illinois Pathways to Health (ilpathwaystohealth.org)

#OlderAdults #Gastroparesis
[#ILPathways](#)

[Click Here access the Template](#)





SEPTEMBER 2022

Fall Prevention Awareness Month

Caption:

#Falls among adults 65 and older caused over 34,000 deaths in 2019, making it the leading cause of injury death for that group.

If you are looking to prevent or reduce falls, join one of IL Pathways' fall prevention workshops. Register here for our upcoming (Insert Program) workshop: Prevent Falls | Illinois Pathways to Health (ilpathwaystohealth.org)

#OlderAdults #FallPrevention #HealthyAging
[#ILPathways](#)

[Click Here access the Template](#)



OCTOBER 2022

Health Literacy Awareness Month



Illinois Pathways
to Health
by AgeOptions

Caption:

According to studies, more than 40 percent of Americans have difficulty obtaining, processing, and understanding basic healthcare information.

ILPW's Take Charge of Your Health Programs are free workshops that will teach how to prevent falls, related injuries, and loss of independence. Come prepared to have fun and take action to take charge of your health.

#OlderAdults #FallPrevention #HealthyAging
#ILPathways

[Click Here access the Template](#)

According to studies, more than 40 percent of Americans have difficulty obtaining, processing, and understanding basic healthcare information.

OCTOBER 2022

Health Literacy Awareness Month



Illinois Pathways
to Health
by AgeOptions

MAY 2023

**Arthritis
Awareness
Month**



Did you know arthritis is one of the leading causes of disability and affects about 1 in 4 adults?

Caption:

If you have arthritis and want support managing it, we can help! Visit ilpathways.org/workshop to register for our Chronic Conditions workshop, brought to you by Illinois Pathways to Health.

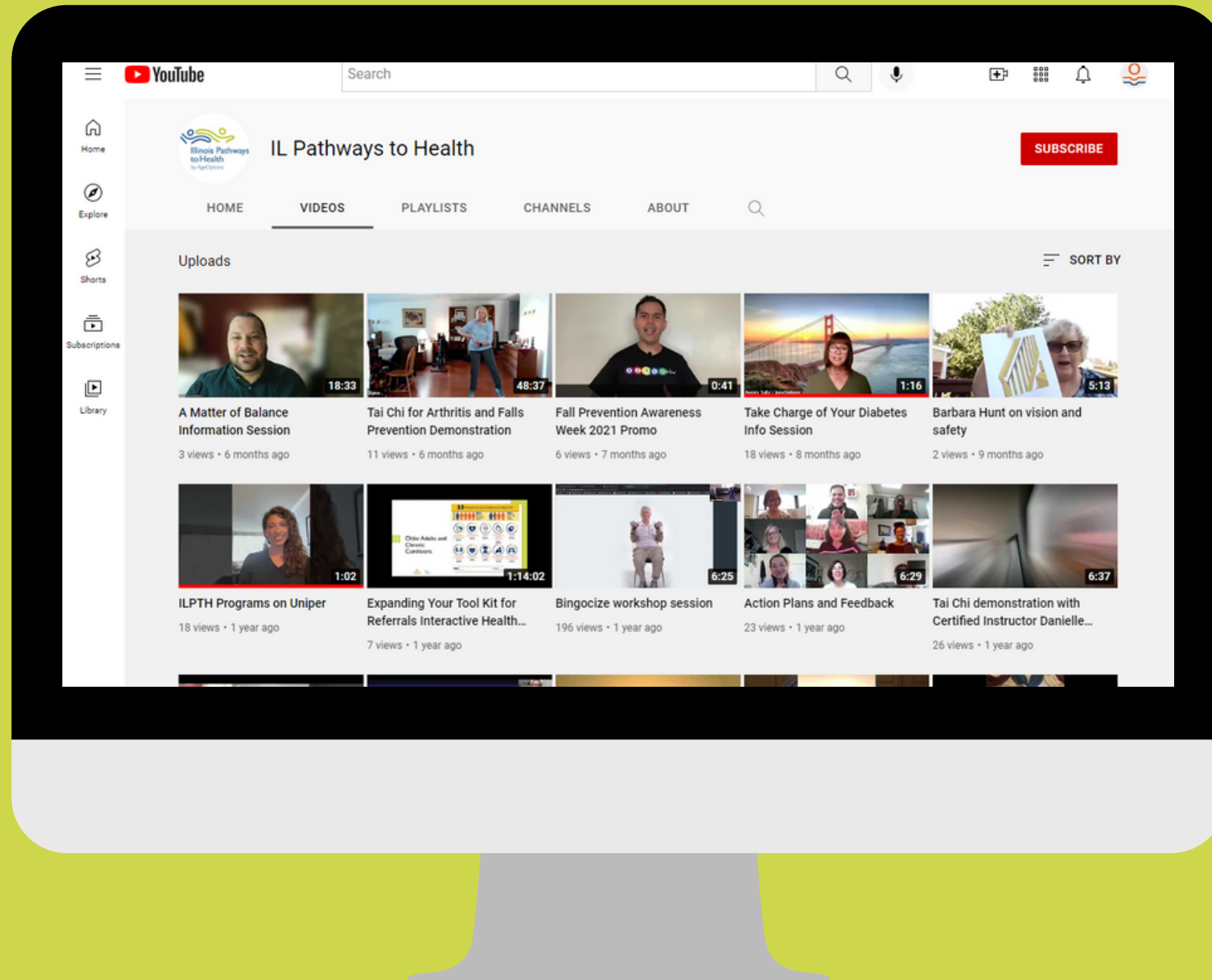
#OlderAdults #Arthritis
#ILPathways



Click Here access the Template



GENERAL RESOURCES



IL Pathways to Health - YouTube

[Check out IL Pathways YouTube channel.](#)

Home Safety Checklist



Floors

- Keep objects off the floor such as shoes, books, papers, and clothes
- Remove rugs or use double-sided tape or a non-slip backing so rugs won't slip
- Coil or tape extension cords and wires next to the wall and out of the way
- Keep pathways clear of furniture
- Put no-slip strips on tile and wooden floors



Bedroom

- Place lamps close to the bed where they are easy to reach and use bright light bulbs
- Plug in night lights; battery-operated lights are available for areas without electrical outlets
- Keep a flashlight by your bed in case the power goes out
- Install a phone on the floor in case of an emergency

Bathroom

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower
- Consider a shower chair
- Use non-skid mats
- Install grab bars next to toilets and inside showers/tubs

Kitchen

- Keep often-used items in easy-to-reach places (about waist level)
- NEVER use a chair as a step stool
- If you must use a step stool, get one with a bar to hold on to

Stairs

- Fix loose or uneven steps
- Ensure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads to steps
- Install handrails on both sides of stairs
- Have bright lighting and light switches at the top and bottom of the stairs

Falls are not an inevitable part of aging and the risk of falling can be reduced! Find evidence-based workshops that can help reduce the fear and risk of falling near you at <https://www.ilpathwaystohealth.org/>

For more information call the Health Promotion Team at AgeOptions at (800)699-9043 or email ilpthreferral@ageoptions.org

This project was supported, in part by grant number 90FPG0030-01-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



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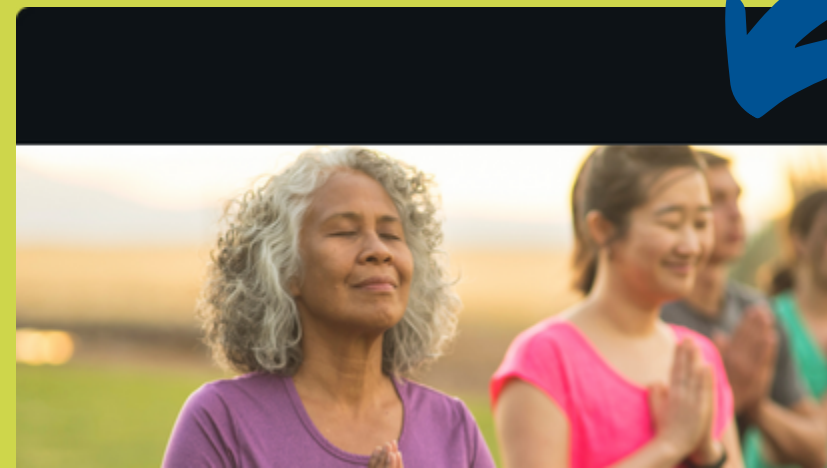
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**Need a different image to represent
your workshop better?**

Look through this file of pictures.





**Illinois Pathways
to Health**
by AgeOptions