



Healthy aging

healthyaging.utah.gov

Find-a-workshop

(888) 222-2542

I learned to problem solve, use medications, find websites, sleep well, decision making, breathing techniques, communication, and how to work with providers. Each of these truly helped me immensely!

*Living Well with Chronic Pain
participant*



**Department of Health
& Human Services**

Arthritis appropriate evidence-based interventions

Get Fit

- Arthritis Foundation Exercise Program
- EnhanceFitness
- Tai Chi
- Walk With Ease

Living Well

- Living Well with Chronic Conditions & Tomando control de su salud
- Living Well with Chronic Pain & Programa de manejo personal del dolor crónico
- Living Well with Diabetes & Programa de manejo personal de la diabetes

Falls prevention

- EnhanceFitness
- Stepping On
- Tai Chi

This program does not replace existing treatment



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& Human Services**