



Healthy aging

"I have struggled with chronic pain for almost 20 years, and that can get very discouraging. This program helped encourage me to take control of the things that I have power over and not worry as much about the things that I don't."

To register:

healthyaging.utah.gov

888-222-2542



Utah Department of
Health & Human
Services

Falls prevention classes

- Enhance®Fitness
- Stepping On
- Tai Chi

Physical activity classes

- Arthritis Foundation Exercise Program
- Enhance®Fitness
- Tai Chi
- Walk With Ease

Self-management classes

- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Living Well with Diabetes
- Programa de Manejo Personal de la Diabetes
- Tomando Control de su Salud

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This program does not replace existing treatment.



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