

# WELLNESS PLUS CLASSES

THROUGH WINNEBAGO  
COUNTY PUBLIC HEALTH



Wellness Plus classes are designed to help you age well, be active, manage chronic conditions and prevent falls. All classes are researched, tested and proven to help you self-manage your health. Wellness Plus classes are offered throughout Winnebago County. Find a class nearby and get started today!

## CLASSES INCLUDE:

**Strong Bodies:** This simple scripted program can improve bone density, balance, and strength for participants.

**Stepping On:** This prevention program is aimed at educating participants and building confidence to reduce and eliminate falls.

**Walk with Ease:** This class is designed to reduce pain and build strength and confidence through walking.

**Mind Over Matter (M.O.M):** A program designed to give women the tools and skills they need to take control of bladder and bowel leakage.

**Stand Up! (Stand Up and Move More):** This class helps those that have difficulty moving or have more sedentary behavior to stand up and move more.

**Healthy Living With Diabetes:** Helps adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes.

**Powerful Tools for Caregivers:** A class for family caregivers provides strategies to better handle the challenges caregivers can run in to.

**Healthy Living With Chronic Pain:** Teaches adults with chronic pain how to effectively manage pain and improve energy, mental health and quality of life.

**Tai Chi:** This class uses basic, fluid movements to help improve balance, stability and mental health. Movements can be adapted for those with walkers or canes.

 **Find class schedules at [winnebagopublichealth.org](https://winnebagopublichealth.org)**

**Contact Winnebago County Public Health  
for more information or to register.**

**Call: 920-232-3000**

**Email: [health@winnebagocountywi.gov](mailto:health@winnebagocountywi.gov)**



**Public Health**  
Prevent. Promote. Protect.  
Winnebago County, WI



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