

Healthy Lifestyle Programs

Thank you for your interest in nutrition and health programs from the University of Missouri Extension. Regional Nutrition and Health Education specialists located in Jackson County are available to present these programs. Depending on individual program funding mechanisms, there may be associated program fees as indicated. To schedule a program for your group, contact one of the specialists listed below.

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Stay Strong Stay Healthy

This strength-training program is for adults aged 50 and over who are not engaged in regular physical activity. Participants should expect to feel comfortable regardless of their current fitness level, so they can safely participate and gradually build the strength beneficial to health. The class meets for **1 hour, twice a week for 8 weeks** to complete a series of eight exercises with a warm-up and cool down. Balance and flexibility measures taken at the beginning and end of the program to track progress. Equipment provided for class use.

Fee: \$50/person

Matter of Balance

The objective of this holistic program is to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The class meets for **2 hours, once a week for 8 weeks**, where participants learn how to view falls and the fear of falling as controllable events. There will also be information on how to change their environment to reduce fall risk factors as well as how to set realistic goals for increasing activity to increase mobility and stability. The University of Missouri Health Sciences and research states that falls are the most common reason for adult emergency room visits. By preventing falls, adults can save thousands of dollars in healthcare expenses. Missouri citizens have identified aging and living independently as priorities for educational programming.

Fee: \$25/person

Chronic Disease Self-Management Program

This course for anyone with any type of chronic health condition. Participants meet for **2½ hours, once a week for 6 weeks** to learn how to manage the condition and reduce the impact it has on their lives. Topics include dealing with difficult emotions, nutrition, physical activity, pain and fatigue management, communication and working with your physician. Participants set and report on goals each week. The program was developed at Stanford University and is funded locally by the Regional Arthritis Center.

Fee: \$0, grant funded

Diabetes Self-Management Program

This course is for anyone with type 2 diabetes. Participants meet for **2½ hours, once a week for 6 weeks** to learn how to manage their diabetes and reduce the impact it has on their lives. Subjects covered include techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating; appropriate use of medication; and working more effectively with health care providers. The program was developed at Stanford University and is funded locally by the Regional Arthritis Center.

Fee: \$0, grant funded

Taking Care of You

This program offers practical strategies to help participants reduce stress levels and improve lifestyle behaviors. Meeting for **2 hours, once a week for 4 weeks**, participants learn concepts and techniques to incorporate into everyday living to better deal with life's challenges and stressors. Managing life's challenges in a healthy way allows one to take better care of their overall health. Taking Care of You is based on the evidenced-based group program *Mindfulness-Based Stress Reduction* (MBSR) founded by Jon Kabat-Zinn of University of Massachusetts School of Medicine, as well as research-based concepts and strategies from the field of positive psychology.

Fee: \$50/person

Health Information for Men (HIM)

Men's health and wellness is an issue that can affect an entire family. In general, men visit their health care provider less frequently than women, which often results in increased risk of more severe health outcomes. Session topics include blood lipids, hypertension, heart disease, stress, diabetes, prostate health, sleep, dietary supplements, low testosterone, exercise and prevention tools. This program is available as individual **1-hour sessions** or as an on-going series.

Fee: \$50 per session

Quality for Keeps: Home Food Preservation

Specific topics include Pressure Canning Low-Acid Foods, Canning Salsa & Fruit, Jams & Jellies, Pickling, Freezing & Drying. These are hands-on classes lasting **1½-2½ hours** each and can be offered as a series of classes or as single programs.

Fee: \$15/person/per class