

A Matter of Balance

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? A Matter of Balance class is designed to boost your confidence and reduce your fear of falling. In addition you will increase strength, balance and learn ways to stay active outside of the class setting.



Living Well With Chronic Conditions

Developed at Stanford University, the “Living Well With Chronic Conditions” course is designed to help participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, heart disease and others to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

Taught by specially trained staff, the program covers a new topic each week and provides opportunities for interaction and group problem solving.

We are a one-stop hub for a full spectrum of health and wellness services aimed at helping people of all ages and all stages achieve and maintain their optimum health.

Call Natalie at 218.736.8451 for details on any of these classes.

Wellness Programs for All Ages & All Stages At the Health & Wellness Hub

Support
Lifelong
Lifestyle
Well-Being
Strong
Arthritis
Balanced
Young
Old
Together



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PROGRAMS FOR ALL AGES & AT ALL STAGES

Morning Blend for Aging Young

Are you interested in participating in group exercise, but intimidated by the intensity? Maybe you'd like to lift weights and improve your lifestyle, but struggle just to get up and down off the floor. This class is for you. Morning Blend for Aging Young is a chair based or free standing program that offers a blend of exercises to keep the class interesting while strengthening your body for everyday living. Using resistance training, yoga and light cardio, this class will get you to that next level of energy and confidence.

Zumba Gold

Get Groovin at your own pace with this easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance/fitness class that feels fresh, and most of all, exhilarating. Zumba Gold classes provide modified, low-impact moves for active older adults.



Yoga Therapy

Struggling with Physical, Mental or Emotional Pain? Having worked in mental health & rehab facilities as a former Occupational Therapist, Wendy Billie was drawn towards a holistic way of treating the patient. Her classes involve a multi-focus of education, movement, and breath work. Each class is unique as she takes her students on a journey of self discovery. Students experience the wisdom of their bodies and minds collectively in healthy living.



Class participants begin to feel the role they play in their overall health as they realize their innate natural healing intelligence. It is the holistic system approach that helps students feel how wellness can fit into their lifestyle as they live in harmony with body, mind, and spirit.

** Class is tailored to students physical abilities and all family/friends are welcomed**

Arthritis Foundation Classes:

The Arthritis Foundation (AF) Exercise Program has been proven to reduce arthritis symptoms and fatigue. There is no known cure for most forms of arthritis, but there are things you can do to lessen your pain and disability.

The AF Water Exercise Program

Good for anyone, especially those with arthritis, fibromyalgia or other joint pain. This program meets at WARM Mehl Center pool.

The AF Self-Help Program

This program was developed at Sanford University, for people with arthritis. Get the information, confidence and skills to take control of your arthritis. This class is a classroom setting with discussion, lecture and sharing.

The NEW AF Walk With Ease Program

This program will help you motivate yourself to get in shape, walk safely, improve flexibility, stamina and strength while reducing pain and gaining confidence.

LSVT BIG Parkinson's Group Exercise

Join together with others who have been thru the 16 sessions LSVT Program. Be encouraged and refresh your exercises in a group setting.