

Free Evidence-Based Online Live Webinar and Telephone Health Education Programs for Adults Ages 60+

The Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The evidence-based programs listed are offered at no charge and are sponsored by Northeast Florida AHEC, ElderSource and the Department of Elder Affairs. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.

Contact: Sherri Cheshire, Northeast Florida AHEC Senior Program Manager for registration & additional information at (904) 482-0189 ext. 111; 1-877-784-8486 Toll Free.

Diabetes Self-Management Program

Participants in this interactive program learn techniques to manage their blood sugar, prevent or reduce disease related complications such as foot and vision problems, discover better nutrition and exercise choices, set goals, problem solve, and communicate effectively with family and health care providers. The series of six live online webinar are once a week for six weeks.

Healthy Eating Every Day

Participants of this interactive program learn how to select the right balance of foods for optimal health, develop and maintain healthy eating habits, use lifestyle management skills to cope with triggers for unhealthy eating, set realistic goals, and rewards. The one-hour classes meet once a week for 14 weeks. Offered as an online live webinar or by telephone.

Active Living Every Day

This program addresses the root causes of inactivity rather than simply prescribing exercise. Participants of this interactive program learn the skills they need to become and stay physically active. These skills include identifying and addressing barriers to physical activity, increasing self-confidence about becoming physically active, creating realistic goals and rewards for physical activity, developing social support, and recovering from lapses in physical activity. The one-hour classes meet once a week for 12 weeks. Offered as an online live webinar or by telephone.

Living Healthy- Chronic Disease Self-Management Program

Participants in this interactive program learn techniques to manage their chronic conditions, communicate effectively with family and health care providers, manage pain and fatigue, set goals, problem solve, and discover better nutrition and exercise choices. The classes meet once weekly for a series of six phone calls.

See other side for additional programs.



Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs. Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The nine programs listed are offered onsite, at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties

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Chronic Pain Self-Management Program

Participants in this interactive program learn tools to help manage their chronic pain, communicate effectively with family, friends, and health professionals; set goals, problem solve, action plan, evaluate new treatments, appropriate use of medications, and discover better nutrition. They also learn techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep; pacing activity and rest, and appropriate exercises to safely improve flexibility and increase circulation. Mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. The series of six live online webinars are once a week for six weeks.

Medication Management Program

Participants of the Medication Management Program learn how their eating habits, over-the-counter medications, vitamins, and home remedies can interact with their medications. Join us to gain the knowledge and skills needed to decrease possible side effects of medications and proper medication storage. You can also schedule a live one-on-one medication review webinar session with a pharmacist.

Mental Health Counseling

We want you to know that we are thinking of you. When faced with uncertainty, it is important to take the time to check in with ourselves and our mental wellbeing. If you are experiencing difficult emotions, distress, or a crisis, we understand and can provide you with support. Call us to schedule an appointment with a licensed mental health counselor.

Diabetes Empowerment Education Program

Are you living with diabetes or pre-diabetes and want to have fun while learning how to manage diabetes and prevent complications? Workshops are interactive and involve demonstrations, role play, games, and other engaging activities. Join us and enjoy the benefits of a healthier, more energetic lifestyle!

Telephone Reassurance Program

Schedule a friendly call with us and tell us how you are feeling today. Do you have concerns, need support, information, or guidance? Are your needs being met? What services can I connect you to? You may be at home, but you are not alone!

Shopping Assistance Program

Shopping assistance can provide you with the help you need to obtain the supplies you need without having to leave your home. We can assist with setting up a grocery or meal delivery service, connect you to community resources for food assistance, and much more!

For registration & additional information call (904) 482-0189; 1-877-784-8486 Toll Free.



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