Health And Wellness Classes

To inquire about classes in your area or interest in hosting a class, contact Stephanie Labenz at 515-650-9505 or stephanie.labenz@agingresources.com. A minimum of 8-10 participants is required for a class.

Nutrition Education

Questions About Nutrition and Healthy Eating? Aging Resources of Central Iowa offers Nutrition Education and Counseling from a Registered Dietitian.

A Matter of Balance

- 8 sessions for 2 hours each
- Reduce the fear of falling by learning to view falls as controllable
- Set goals and make small changes to reduce fall risks at home
- Exercise to increase strength and balance.

Healthy Steps for Older Adults

- 2 sessions for 2 hours each
- Exercises to improve strength, balance, endurance, and flexibility
- Fall risk physical assessments completed on each participant

Tai Chi for Arthritis and Fall Prevention

- 16 sessions for 45 minutes each
-Improved balance, mobility, strength, and flexibility

Walk with Ease

- 6 sessions for 45 minutes each
-Reduce pain and discomfort related to arthritis
-Increase balance, strength, and walking pace

Bingocize

- 20 sessions for 45 minutes
- A vibrant fusion of fitness and health education that seamlessly incorporates the beloved game of bingo!