

STRONG *People*

STRONG BODIES

Strong Bodies is a structured wellness program designed for mid-life and older adults, incorporating progressive resistance training, balance development, and flexibility exercises to support overall strength and functional health.

Participants attend two sessions per week over an 8-10 week period. All classes are conducted by trained and qualified facilitators, who provide guidance to ensure safe and effective participation.



To find out more information on managing chronic conditions, please go to the wiha website at:
<https://wihealthyaging.org/programs/>



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Monday through Friday

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On the Web:

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Health and Wellness



ADRC
Aging and Disability Resource Center
of Dodge County

The Aging and Disability Resource Center of Dodge County proudly offers a variety of evidence-based programs from the Wisconsin Institute for Healthy Aging (WIHA). These research-supported classes help older adults stay healthy, independent, and confident while learning in a welcoming, supportive group environment.

The Wisconsin Institute for Healthy Aging (WIHA) offers a dynamic lineup of evidence-based health promotion programs proven to help older adults stay active, independent, and confident. Built on solid research, these workshops teach skills that truly work—whether you want to improve balance, manage chronic conditions, stay socially connected, or boost overall well-being.

Each program is engaging, practical, and taught in a welcoming group setting where participants learn, share, and support one another. WIHA's evidence-based workshops deliver real results, including fewer falls, reduced hospitalizations, stronger caregiving skills, and better chronic disease management.

The Aging and Disability Resource Center proudly offers these impactful programs at no cost. Registration is required—reserve your spot today and take an empowering step toward healthier, more confident living.

HEALTHY LIVING WITH DIABETES

Healthy Living with Diabetes is an empowering workshop designed for anyone living with Type 1 or Type 2 diabetes, those who are prediabetic, or individuals who support someone managing diabetes.

Through supportive group discussions and practical guidance, participants build confidence in managing their condition while maintaining an active, healthy lifestyle.

This workshop meets once a week for two hours for six consecutive weeks.



Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to equip women with practical tools to better understand and manage bladder and bowel symptoms.

The program meets for three two-hour sessions, held every other week, and combines up-to-date information with group activities, simple exercises, and dietary strategies that can be practiced at home.

Even if you are not currently experiencing leakage or related symptoms, it is never too early—or too late—to prioritize your bladder and bowel health.

Powerful Tools FOR Caregivers

Many people don't think of themselves as caregivers—they're simply helping someone they love. But caregiving can bring physical, emotional, and financial stress, making it essential to care for your own well-being too.

Powerful Tools for Caregivers © (PTC) is a six-week class series that helps caregivers build skills to stay healthy, resilient, and confident while supporting a friend or relative.

Each weekly session is led by experienced class leaders who teach practical strategies for managing caregiving challenges. Participants also receive a FREE copy of The Caregiver Handbook to support learning at home.



Stepping On is a proven falls-prevention workshop that empowers older adults to adopt health behaviors that reduce their risk of falling. The program meets for two hours once a week over seven consecutive weeks.

Participants learn balance and strengthening exercises, along with practical skills and strategies to prevent falls in everyday life. Research has shown that Stepping On can reduce falls by 31%, making it a highly effective program for supporting long-term independence and safety.