



## Health Ease Program Series

The Health Ease curriculum was developed by New Jersey Department of Health to promote, support and sustain older adults in living healthier, more independent lives through education and behavior change. The topics below can be presented to your organization. Please call 201.599.6290.

<p><b>Standing Tall Against Falls</b></p> <p>This program provides information on risk factors for falls, steps to prevent falls and what to do if you fall.</p>	<p><b>Keeping Up the Beat: Heart Health</b></p> <p>Learn about disease management and prevention and what “Healthy Lifestyle” choices you can make to achieve a healthier way of life.</p>
<p><b>Bone Up Your Health: Osteoporosis</b></p> <p>This program will provide education on risk factors, practical tips to promote bone health and prevent falls; treatment interventions and recommendations to improve quality of life through healthier lifestyle behaviors.</p>	<p><b>Keeping Your Mind Sharp</b></p> <p>This program uses a fun approach to introduce the effects of normal aging on learning and memory, list several ways to improve brain functioning, and use specific “brain exercises” to prevent “senior moments.”</p>
<p><b>Be Wise About Your Medications</b></p> <p>This program will focus on common medication problems and introduce safe medication practices.</p>	<p><b>Serving Up Good Nutrition</b></p> <p>Learn about some of the nutritional changes that are associated with aging and how to make meals healthier.</p>

These programs are provided by Mid-Bergen Regional Health Commission in conjunction with Hackensack University Medical Center.