

**Program Title:** Health Education

**VP:** Allison Stehlik, VP of Community Living Services

**Supervisor:** Dre White, Population Health Director

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1. Free evidence based programming presented at community locations throughout 7 county region
2. Class topics: falls prevention, chronic pain, chronic disease, diabetes, caregiver support, exercise
3. Small group workshops, in person or virtual delivery
4. All programs follow a Lay Leader format in which volunteers/community members/ former participants can lead workshops

Current classes include: A Matter of Balance, Chronic Disease Self Management, Chronic Pain Self Management, Diabetes Self Management, Powerful Tools for Caregivers, and Tai Ji Quan: Moving for Better Balance