



14 Opportunities for Health in the Rice County Area

Creating better health together.



1. Living Well with Chronic Conditions

A free group workshop series designed to increase self-management skills and address specific concerns and goals for people with ongoing health concerns. Topics addressed include problem solving, decision making, exercise, healthy eating, managing pain, communication strategies, dealing with emotions, mindfulness, breathing techniques and the mind-body connection.

For more information or to sign up call 507-251-3835 or go to WellConnectSEMN.org



2. Living Well with Chronic Pain

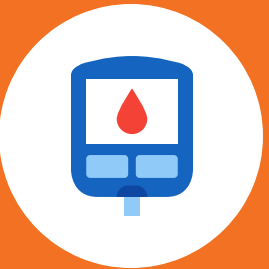
A free group workshop series designed to help you build skills for managing chronic pain symptoms.

Subjects covered include dealing with frustration, fatigue, isolation, and poor sleep, exercise, medications, effective communication, nutrition, pacing activity and rest, and how to evaluate new treatments. For more information or to sign up call 507-251-3835 or go to WellConnectSEMN.org



3. Living Well with Diabetes

A free group workshop series designed to increase self-management techniques and address specific concerns and goals for people with type 2 diabetes. Participants set goals and make a step-by-step plan to improve their health. Workshops are interactive and focus on peer support. For more information or to sign up call 507-251-3835 or go to WellConnectSEMN.org



4. Vivir Saludable con Diabetes

El programa de Vivir Saludable con Diabetes, es un taller que consta de 2 horas y media cada semana por seis semanas, en las cuales aprenderá las herramientas necesarias para controlar mejor los síntomas de la diabetes, cansancio, dolor, altos y bajos niveles de glucosa, estrés, depresión, enojo, temores, frustraciones, así como el comer saludable y como cumplir sus metas. Llamar 507-251-3835, or WellConnectSEMN.org



5. Diabetes Prevention Program

Have you been told that you are at risk to develop diabetes? The National Diabetes Prevention Program, also known as I Can Prevent Diabetes, is a 26 session behavioral learning program held over one year. You will learn how to change your lifestyle for better health, through topics such as better nutritional choices and increasing your activity level. For more information or to sign up call 507-251-3835 or go to WellConnectSEMN.org



6. A Matter of Balance

A free group workshop series designed to reduce the fear of falling and increase activity levels among older adults. This program emphasizes practical strategies to manage falls. Participants set goals and make plans to manage their fear of falling that often limit their activities. Workshops are interactive and focus on peer support. For more information or to sign up call 507-251-3835 or go to WellConnectSEMN.org



7. Tai Ji Quan

Tai Ji Quan is a group based exercise class designed to help older adults improve balance and reduce the likelihood of falling through the use of slow coordinated movements. Participants will enhance balance skills, body alignment, muscle strength, flexibility and mobility. Forms are adapted from traditional Tai Chi practice to focus specifically on balance concerns.

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8. Stay Active and Independent for Life (SAIL)

SAIL is a research-based intervention to reduce fall risk factors in older adults. A physical therapist oversees the program and meets with participants for baseline and periodic fitness assessments of strength and mobility measures. For more information or to sign up call 507-251-3835 or go to WellConnectSEMN.org



9. Powerful Tools for Caregivers

Powerful Tools for Caregivers is a group workshop providing tools and strategies to help caregivers handle the unique challenges they face. Class focuses on self-care behaviors, management of emotions, and use of community resources. Workshops are interactive and focus on peer support. For more information or to sign up call 507-251-3835 or go to WellConnectSEMN.org



10. QuitPlan

QUITPLAN Services is here for one simple reason. To do everything we can to help you conquer your addiction and become 100 percent tobacco-free. Not with lectures, but with genuine support. Check out all the FREE tools and services we offer, then pick the ones that are right for you. And even if you're not ready right now, we'll be here when you are. Call 1-888-354-PLAN (7526) or go to QuitPlan.com



11. South Central Mobile Crisis Team

The Horizon Homes, Inc. South Central Mobile Crisis Team is available to provide support for children, teens, and adults in Rice County who are experiencing a mental health crisis. This service is designed to provide support in the comfort of the individuals own home or other community location. Call 877-399-3040.



12. Faribo Walking Miles

People can walk on a flat service, with light, and air conditioning/heat in a safe location, at the Faribo West Mall. Each month we have a contest/prize. People walk for so many reasons such as to improve physical and mental health or social interaction. You'll find foot prints on the walls with tips and information on the Faribo Walking Miles Facebook page to help you get motivated.



13. Shattuck St. Mary's Dane Family Field House

During the winter mornings, the fieldhouse serves as a warm place for the Faribault community to walk or jog.

ssmathletics.org/facilities/Dane_Family_Fieldhouse
1000 Shumway Ave., Faribault, MN 55021



14. Walk! Bike! Fun!

Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum is a two-part curriculum and is structured to meet Minnesota education standards. Walk! Bike! Fun! helps children ages five to thirteen learn traffic rules and regulations, the potential hazards to traveling, and handling skills needed to bike and walk effectively, appropriately and safely through their community. Call 507-332-5911 to schedule a free training or email jramaker@co.rice.mn.us