

Wellness Initiative for Senior Education (WISE)

Program Description:

As more Americans enter their senior years and life expectancies reach record highs, it is more important than ever for seniors to focus on their health and wellbeing. It is critical to recognize that life choices and individual behaviors can have a significant impact on quality of life. The WISE program sessions take place once a week for six weeks. Each session is about two hours in length. Session topics include medication use and misuse, stress management, the aging process, depression, alcoholism and prescription drug abuse.

Program Requirements:

Participants must be 55 years of age or older. Instructional setting must be sufficient for participants to be able to move around and work in groups. Round tables preferred for group activities and discussion.

Time: Six total sessions with a duration of 2 hours per session.

Participants: Older adults ages 55 and older and 2-trained WISE instructors.

Goals and Objectives

Goal: To help older adults celebrate healthy aging, make healthy choices and avoid substance abuse.

