



Human Sciences Newsletter: Regions 19, 26 & 27

September 2023

Better Health, Improved Fitness, Less Pain



Walk with Ease (WWE) is an evidence-based physical activity intervention that is widely used across the country. Developed by the **Arthritis Foundation**, **Walk with Ease** is now endorsed by the Centers for Disease Control as an evidence-based program for older adults.

Programming in Iowa is coordinated by the Iowa Community HUB in collaboration with Iowa State University (ISU) and ISU Extension and Outreach. The 6 week program can help older adults increase healthy patterns of physical activity, improve mobility, reduce limitations and pain from arthritis and potentially decrease risk of falls. Participants can choose from two formats, group or virtual, both are based on the same foundation and principles.

Promote Active Living for Older Iowans:

Are you interested or do you have a family member or loved one that might benefit from increased activity? Are you interested in delivering a **Walk With Ease Program**? Referring individuals is a great way to help. Visit www.walkwitheaseISU.org or contact us for more information walkwithease@iastate.edu, or Dawn Dunnegan at dunnegan@iastate.edu. To find out more about the statewide **Virtual Walk With Ease Program** click [here](#).

Participants receive access to an online portal with goal setting resources and are also given the opportunity to be guided by a trained student health coach to provide motivation and support.



Upcoming Events

Walk With Ease - Self Paced
Virtual
[Registration](#)

9/5/23 - Our Book Shelf Series,
Online
[Registration](#)

9/6/2023 – Passport to Early
Childhood Education for Program
Administrators Series, Online
[Registration](#)

9/19/23 – Preserve the Taste of
Summer 101, Swisher
[Registration](#)

9/25/ 23– ACT Raising Safe Kids,
Virtual— 9 Weeks
[Registration](#)

9/26/23 ServSafe® Certified Food
Protection Manager, Sigourney
[Registration](#)

10/3/23– ServSafe® Certified Food
Protection Manager, West Burlington
[Registration](#)

10/4/23 - Powerful Tools for
Caregivers—Adults Series, Ottumwa
[Registration](#)

10/5/23– Powerful Tools for
Caregivers—Adults Series,
Washington
[Registration](#)

10/10/23 – A Journey Through
Parkinson's Series, (Online)
[Registration](#)

Explore more upcoming events
[here](#).

Powerful Tools for Caregivers of Adults

Offered in Several Locations this Fall

Caregiving can be stressful — physically, emotionally, and financially.

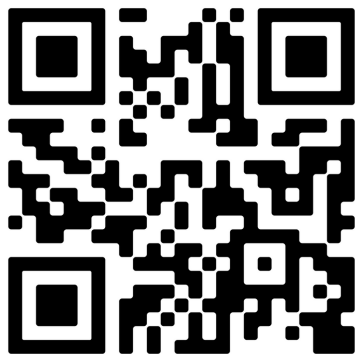
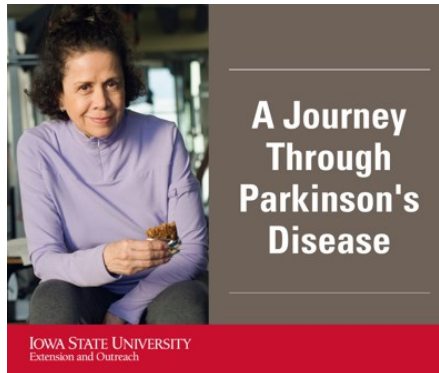
Powerful Tools for Caregivers classes give caregivers tools to help: reduce stress, improve self-confidence, manage time, set goals, and solve problems, better communicate their feelings, make tough decisions, locate helpful resources and let you know you are not alone. In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues.

Workshops coming to **Jefferson County, Washington County, Wapello County** and **virtual** opportunities to join. To register for a series near you, visit the [website](#), contact one of your Human Sciences Specialists listed below, or contact your local county extension office, there's one in every county.

Program Highlight: A Journey Through Parkinson's

If you're struggling with Parkinson's disease or know someone who is, it's helpful to know where to find support on the journey. Learn about the causes and symptoms of Parkinson's disease, and how treatments work, as well as therapeutic activities to do at home.

Join us for **FREE!** The series consists of three, one hour virtual sessions.



[Register](#) for the **FREE** upcoming October 10, 17, and 24th series today. Join us from the comfort of your own home. We'd love to meet with you. Technical assistance is available. For further information, contact Sara Sprouse at sprouse@iastate.edu.

Human Sciences Extension and Outreach

Empowering people to live their best lives.

Our Mission...

We engage Iowans through research-based education.



ANSWERLINE

QUESTIONS?
CALL 1-800-262-3804



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