PrimeTime Health Program

The PrimeTime Health Program focuses on health promotion and disease prevention activities for older Pennsylvanians. The overall goal is to promote optimum health and well-being with a special focus on health risk screenings, nutrition, chronic conditions, fall risk, exercise and strengthening to prevent fall-related injury, behavioral health and medication management.

PrimeTime Health programs are typically offered in senior centers, senior housing facilities, churches and other public locations in the community.

There are also **three evidence-based health promotion and disease prevention programs** currently available in Berks County. The three programs are Healthy Steps in Motion, Healthy Steps for Older Adults and Chronic Disease Self-Management.

**Healthy Steps in Motion (HSIM)** – is an exercise program which includes balance, strength training, aerobic exercise, warm-up and cool down as well as an educational component. Classes are to be held twice per week for one hour sessions. Each participant receives a HSIM book.

**Healthy Steps in Motion classes:**
- Mondays @ 9 a.m. Village Library, Morgantown
- Mondays @ 1 p.m. Zion Lutheran Church, Womelsdorf
- Mondays & Thursdays @ 9 a.m. Wyomissing Church of the Brethren, Wyomissing
- Mondays & Thursdays @ 9:30 a.m. St Mary's Catholic Church, Hamburg
- Tuesdays @ 10 a.m. Grace Alsace UCC, Kutztown Rd, Reading
- Fridays @ 10 a.m. Advent Lutheran Church, West Lawn

**Healthy Steps for Older Adults (HSOA)** – is an educational program with a practical application on ‘falls prevention.’ The program is designed to raise participants’ knowledge and awareness about falls and risks for falling, steps they can take to reduce falls and improve their health and well-being. The class includes three physical skills screenings and discussion about home safety and environmental factors that put one at risk for falling and tips related to prevention of falling. Participants will also learn about other factors that play a role in fall prevention such as medications, footwear, nutrition, alcohol & tobacco, depression and stress. Exercises to improve balance, build muscles, strength, endurance and flexibility are demonstrated. The class is approximately four hours in length which can be presented in 2 two-hour sessions. A participant workbook is provided.

**Chronic Disease Self-Management Program (CDSMP)** – developed by Stanford University, the Chronic Disease Self-Management Program is a highly interactive, community-based intervention workshop that helps individuals with chronic conditions to learn how to manage and improve their health. The program focuses on challenges that are common to individuals living with any chronic condition(s), such as dealing with pain and fatigue, discovering better nutrition, exercise, medication use, emotions, and communicating with doctors and family about their health. The class meets once per week for six consecutive weeks. During each 2 ½ hour session, participants focus on building skills they need to manage their conditions. Each session builds upon the next and therefore is important to be at all sessions. “Living a Healthy Life with Chronic Conditions” book can be given to each participant completing the workshop.