Healthy Aging NC aims to create a well-informed community where people can access high quality evidence-based healthy aging programs where they live, work, play, pray.

Healthy Aging NC achieves these goals by:

- Knowing where classes are held
- Scaling programs where people want and need classes
- Ensuring classes are offered with fidelity
- Securing long-term funding to support classes
- Fostering collaboration at local, regional, and statewide levels

HEALTHY AGING NC

AN INITIATIVE OF THE N.C. CENTER FOR HEALTH & WELLNESS AT UNC ASHEVILLE

Benefits of Healthy Aging NC:

- Providers across the state have offered programs for years
- Health reform is moving towards value-based-care
- Programs offer significant Return on Investment (ROI)
- Efforts in sustainability noted in other states formed through network hub model

Healthy Aging NC partners with:

- National Council on Aging
- Administration for Community Living
- Osteoarthritis Action Alliance
- NC DHHS Division of Aging & Adult Services (NC DAAS)
- NC DHHS Division of Public Health (NC DPH)
- NC Alliance of YMCAAs
- NC Baptist Aging Ministries (NC BAM)
- NC Council of Churches

Falls Prevention Programs offered through Healthy Aging NC:

- A Matter of Balance
- Otago
- Tai Chi for Arthritis
- Moving for Better Balance

Chronic Disease Self-Management Programs offered through Healthy Aging NC:

- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Chronic Pain Self-Management Program
- Walk with Ease

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