

WELLNESS PROGRAMS



TAKE CHARGE OF YOUR HEALTH TODAY!

The Sanford Center for Aging offers free, evidence-based programs designed to support your path to health and wellness.

MANAGE YOUR HEALTH

Diabetes Self-Management
Diabetes Prevention Program
Chronic Pain Self-Management

IMPROVE YOUR STRENGTH

Fit & Strong!

PREVENT FALLS

Stepping On

Call (775) 235-8862 or email wellness.sca@gmail.com

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