

**ASSISTANCE.  
ADVOCACY.  
ANSWERS ON AGING.**

**Area Agency on Aging**

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**Upper Coastal Plain**



*Assistance. Advocacy. Answers on Aging.*

Serving Edgecombe, Halifax, Nash,  
Northampton and Wilson Counties

**For more information,  
please contact:**

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**Take charge of Living with  
Chronic Health Conditions**

Participating in the workshops offered through our HPDP programs will improve your quality of life with measurable results.

Take steps to bridge the gap between the YOU who struggles to manage your health issues and the new YOU who can take control and live a more fulfilling life.

**HEALTH PROMOTION/  
DISEASE PREVENTION  
PROGRAMS**



The Area Agency on Aging (AAA) is a service of the Upper Coastal Plain Council of Governments, a lead planning organization comprised of five (5) county governments and forty-one (41) municipal governments. Working under the direction of locally elected officials of these governments, the staff plans and administers a variety of federal, state and local programs and services. The counties served include Edgecombe, Halifax, Nash, Northampton and Wilson.

**WWW.UCPCOG.ORG**

## A Matter of Balance

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Are you trapped by a fear of falling?  
Do you believe that falls are a result of aging?  
Do you fear falling and find that your activities are restricted because of this fear?

*A Matter of Balance (MOB)* is designed to reduce fear of falling, stop the fear of falling cycle and improve activity levels among older adults.

Participants enjoy:

- \* Two-hour workshops, once a week, for eight weeks.
- \* Practical strategies for learning ways to reduce the fear of falling and reduce fall risk factors.
- \* A personal Home Assessment Checklist.

*Developed by the Roybal Center at Boston University, in Collaboration with Maine Health.*

## Walk With Ease Program

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For individuals who:

- Have arthritis.
- Are interested in reducing pain, increasing balance and strength, and increasing physical activity.
- Would benefit from educational sessions combined with stretching and walking time.

*Walk With Ease* meets 3 times a week for 6 weeks. Each session consists of a

health education piece, stretching activities, and a 10-35 minute walk. A self-directed version is available online.



## Living Healthy with Chronic Disease

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Are you limited by your Chronic Disease?  
Have you been told that you have a Chronic Disease?  
Do you have Heart Disease, COPD, Asthma, Depression, High Blood Pressure, Fibromyalgia, Arthritis or other health conditions?

The *Living Healthy –Chronic Disease Self-Management Program* is where many participants enjoy:

- \* Six weeks of 2.5 hour workshops, one day a week.
- \* Learning proven ways to deal with frustration, fatigue, pain and isolation.
- \* Maintaining stamina, improving strength and managing use of medications.
- \* Learning effective communication skills with family, friends and health professionals.

## Living Healthy with Diabetes

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Are you overwhelmed by diabetes?  
Do you or someone you love have diabetes?  
Would you like to learn ways to manage your diabetes and take control of your LIFE?

The *Living Healthy with Diabetes* program is where participants enjoy:

- \* Six weeks of 2.5 hour workshops, one day a week.
- \* Learning healthier eating and developing personal Action Plans
- \* Problem solving and medication management.
- \* Learning new techniques for managing diabetes symptoms of fatigue, pain, hyper/hypoglycemia, stress, anger, fear and frustration.

*Living Healthy* does not interfere with existing programs or treatment and is designed to complement your existing plans.

## Living Healthy with Chronic Pain

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Do you suffer from chronic pain?  
Have you or a loved one been diagnosed with arthritis, fibromyalgia, or other conditions that cause chronic pain?  
Would you like to better control your pain and not let it control your life?

The *Chronic Pain Self-Management Program* is where participants enjoy:

- \* Learning techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep.
- \* Learning appropriate exercise for maintaining and improving strength, flexibility, and endurance.
- \* Learning appropriate use of medications and how to evaluate new treatments.

*Researched, developed and licensed by Stanford University through the Stanford Patient Education Research Center.*

**Find us on Facebook at: Upper Coastal Plain Area Agency on Aging—Region L**