



CONTACT US

Address: 600 Lelia Street
Magnolia, AR 71753

Phone: 870-234-7410

Toll-free: 870-272-2127

Fax: 870-234-6804

Website: agewithdignity.com

For more information
regarding any of our
active aging programs
contact Nancy Bailey at
870-626-3089
or email
nbailey@aaaswa.net



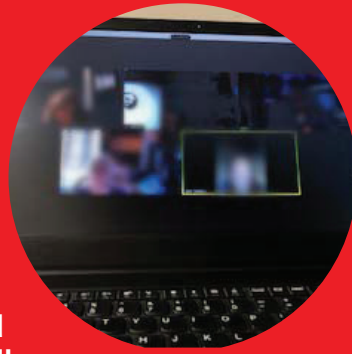
Active **AGING**

Staying physically and mentally active
is key to healthy aging

SUPPORT GROUPS

Support groups co-hosted by Area Agency on Aging of Southwest Arkansas, Inc. offer patients and care partners companionship which helps ease the feelings of isolation and loneliness. It also supports and nurtures a positive attitude. They provide information and education, by exchanging information and sharing practical tips for daily living, as well as learning about new research and techniques from a variety of speakers in the professional field. Attendees can discuss the “good and bad” with those who understand.

Although some groups may be suspended at this time, Zoom support is available upon request by emailing nbailey@aaaswa.net



Area Agency on Aging provides private groups for each support group on their Facebook group page. Individuals merely need to ask for admission to the group of their choice.

Peer Exercise Program Promotes Independence (PEPPI)

Nursing homes are full of individuals who do not have a chronic illness but are too frail and weak to care for themselves. If you want to maintain your independence and improve your quality of life, regular physical activity is one of the most important things you can do. As we age, the number of muscle cells in our bodies begins to decrease beginning at age 30. Muscle strengthening exercises can help you stay independent.

Peer Exercise Program Promotes Independence (PEPPI) is a physical activity program using exercise bands to provide resistance, and is designed for older adults. Its purpose is to increase physical fitness and independence. It is led by older adults known as peer leaders, who have been trained in the components of PEPPI, including flexibility, balance, strength and endurance exercises. .

Each class consists of mild warm-up stretches and range of motion, a little cardio, and resistance training using the exercise bands. Individuals will exercise to their own ability, tightening and loosening their bands as needed and slowing down when tired. Cool down stretches are done at the end of the class.



Tai Chi

The Area Agency on Aging of Southwest Arkansas, Inc. offers Tai Chi classes on a variety of platforms and times. Those interested in participating can contact Nancy Bailey at (870) 626-3089 or email nbailey@aaaswa.net.

A Tai Chi for Arthritis for Fall Prevention in-person class is held at 10 a.m. every Monday in the Community Room at Lelia Enrichment Complex, 600 Lelia St., Magnolia. The room is large enough to accommodate social distancing with a small group. Additionally, another in-person class is held on Tuesday afternoons, from 3:30 - 4:30 p.m. A Zoom class will also be held from 2:30-3:30 p.m. on Wednesday afternoons.

One can absorb the movements by merely watching others do Tai Chi, so if you tune in to a Zoom class, you can leave your video off, and just watch and follow along as you feel comfortable, but know this: the benefits come from doing the movements, so you will want to follow along as you can.

Five lesson videos for Tai Chi for Arthritis for Fall Prevention are available on our website, agewithdignity.com, in order for those interested to practice in the comfort of their homes. Dr. Paul Lam has instructional videos on YouTube. You can find those by typing in 'Dr. Paul Lam's Tai Chi for Arthritis for Fall Prevention' in the search bar.