



*Mature Resources supports the PA Department of Aging's Mission of Promoting "healthier lifestyles among older Pennsylvanians" to improve their "quality of life" and ultimately, reduce overall healthcare costs. Our goal is to empower older adults with knowledge and direction to age and live well, by providing research-based programs within the Clearfield County community.*

### Priority Areas

- Exercise
- Nutrition
- Chronic Conditions
- Behavioral Health
- Injury/Disease Prevention
- Medication Management
- Substance Use Disorder

Get In Touch!

# Contact Information

If you need to reach us:



## Phone Number

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## Our Location

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Curwensville, PA 16833

## Mature Resources Area Agency on Aging

is a private non-profit corporation funded by:

US Administration on Aging  
Pennsylvania Department of Aging  
The Friends of the Area Agency on Aging  
Clearfield Area United Way  
DuBois Area United Way  
Client Contributions and Fees  
Memorials and Special Gifts

*The Clearfield County Area Agency on Aging, Inc. is registered with the state as a charitable organization and is designated by the IRS as a 501(c)(3) charitable, tax-exempt organization. Contributions are tax deductible to the extent permitted by law.*



**MATURE RESOURCES**

*Enhancing Quality of Life.*



# Health and Wellness Programs

600 Cooper Road  
Curwensville, PA 16833  
[www.mraaa.life](http://www.mraaa.life)

# Program Offerings

## Evidence-Based Programs

Our key Health and Wellness Programs are appropriate to prevent disease and promote health among older adults. These programs are also designated as "evidence-based" which means each is a collection of practices that, when used together, have been proven to work through rigorous research.



## Locations

All Programs are offered throughout Clearfield County, at Centers for Active Living and other convenient locations, by trained, certified instructors.



## Chronic Disease Self Management Program

This program is for adults with chronic physical or mental health conditions who want to improve their health status. Participants will learn practical skills to manage chronic conditions, gain confidence and motivation needed to navigate daily challenges.

## Diabetes Self Management Program

For adults with diabetes, this program will teach practical skills for managing diabetes while building confidence. Symptoms of diabetes are explored as well as appropriate exercises, healthy eating, appropriate use of medication and more!

## Chronic Pain Self Management Program

This program targets people who have a primary or secondary diagnosis of chronic pain and helps participants gain skills to not only manage pain but learn appropriate exercises, proper nutrition, how to evaluate new programs and how to talk to health care providers.

## Healthy Steps for Older Adults

This 4-hour workshop, offered in both one-day and two-day events, provides screening, assessment, and education to reduce the incidence of falls.

## A Matter of Balance

A fall prevention program, A Matter of Balance reduces fall risk and the fear of falling while promoting activity. If you want to improve flexibility, balance and strength, this is for you!

## Powerful Tools for Caregivers

This community-based group program is all about self-care for family caregivers! Participants will learn to manage emotions, increase self-efficacy and use community resources.

## Bingocize

A favorite in our Centers for Active Living, Bingocize combines the fun of Bingo with exercise and fall prevention education.

Participants will improve body strength, gait, balance, range of motion, and brain function -- all while being social and learning!

## Wellness Initiative For Senior Education (WISE)

WISE is a curriculum-based health promotion program that aims to help older adults increase their knowledge and awareness of issues related to health and the aging process. Older adults will be provided with the information and resources they need to maintain a healthy lifestyle and become empowered in their own health and the healthcare they receive.

## AEA Arthritis Foundation Aquatic Program (AFAP)

Held at the Clearfield YMCA, this warm-water exercise program is suitable for every fitness level, proven to reduce pain and improve overall health.

## Healthy Ideas

Health Ideas is offered on a case-by-case basis as a community depression program designed to detect and reduce the severity of depressive symptoms in older adults.

*All Programs are  
subject to change*