

Prevention Programs

Did you know there are fun and supportive ways to learn about managing your health?

Our Prevention Programs teach you the skills needed to make positive changes in your health. We offer a range of evidence-based health programs that are proven to produce positive results.

Classes are offered at multiple locations and programs are free or low cost. We will communicate progress back to your doctor. **Call (843) 724-2489 to get started today.**

Fall Prevention Programs

Learn about the many factors that can cause a fall and what you can do to prevent one. Managing the fear of falling, fall-proofing your home and strengthening exercises are a few of the important topics covered in this program.

Matter of Balance

Lowcountry Senior Center

Wednesdays, July 11 – August 29,
2:30 – 4:30 p.m.

Mondays, September 10 – October 29,
10:30 a.m. – 12:30 p.m.

Roper St. Francis Mount Pleasant Hospital

Thursdays, August 30 – October 18,
1 – 3 p.m.

(no class on Oct. 4)

\$10 donation

(appreciated to cover the cost of class materials)

Family Caregiver Programs

Learn strategies to help you better handle the unique challenges faced by family caregivers. Topics include ways to reduce personal stress and how to use community resources.

Powerful Tools for Caregivers

Lowcountry Senior Center

Wednesdays, July 11 – August 29,
2:30 – 4:30 p.m.

Mondays, September 10 – October 29,
10:30 a.m. – 12:30 p.m.

Self-Management Programs

Learn about healthy eating, exercise, managing medications, treatment decisions, emotional well-being, working with your healthcare team and more.

Be Your Own Health Manager

Lowcountry Senior Center

Mondays, July 16 – August 20,
10 a.m. – 12 p.m.

Fridays, September 21 – October 26,
9:30 – 11:30 a.m.

Roper St. Francis Mount Pleasant Hospital

Medical Office Building, Classroom 1
Thursdays, August 30 – October 11

10 a.m. – 12 p.m.

(no class on Oct. 4)

\$15 donation

(appreciated to cover the cost of class materials)

Healthy Living with Diabetes

Lowcountry Senior Center

Tuesdays, September 11 – October 16,
10 a.m. – 12 p.m.

