



Healthy Aging

Blake Health offers health education programs that are thoughtfully designed to meet the evolving needs of older adults, supporting healthier, safer, and more independent living. Each session provides evidence-based information on managing chronic conditions, preventing illness, and promoting physical, mental, and emotional health.

Why Choose Blake Health?

- Led by master-level Certified Health Education Specialists (CHES®)
- Tailored to meet the unique interests and health goals of aging populations
- Trusted by schools, libraries, and community partners across Northern New Jersey

Program Areas

- ✓ Physical Activity & Creative Movement
- ✓ Nutrition
- ✓ Chronic Disease Management
- ✓ Substance Use Prevention
- ✓ Fall & Injury Prevention
- ✓ Mental Health
- ✓ Community Resources

Let's Work Together

Ready to bring Blake Health to your organization?

Call or email to inquire:

✉ info@blakehealthnj.org

☎ 201.362.1458

**BLAKE
HEALTH**



Our Commitment

At **Blake Health**, we are dedicated to delivering evidence-based, culturally responsive, and inclusive health education that respects and reflects the diverse communities we serve. Our programs are designed to empower participants with knowledge, skills, and confidence to make healthy, informed decisions throughout their lives.

We strive to foster partnerships with **schools, municipalities, and community organizations** to build stronger, healthier communities across Northern New Jersey.

PACED: Our Program Framework

We use the **PACED** approach to design and deliver health education programs that are flexible, inclusive, and aligned with your needs:

Population Focused

Programs are tailored to the age, setting, and needs of your audience. We serve schools, senior centers, libraries, municipalities, and other populations with inclusive, responsive content.

Adaptable Formats

We offer in-person, virtual, and hybrid delivery options to meet your logistical and programmatic needs.

Customizable Length

Sessions can be one-time workshops, short-term intensives, or multi-week series. We work with you to align scheduling with your goals.

Evidence-Based

Our programs are built on public health best practices and current research, delivered by Certified Health Education Specialists (CHES®).

Direct, Transparent Pricing

We offer clear, competitive pricing for individual programs, multi-program packages, and consulting services. Whether you need a single session, a series, or support with grant-funded initiatives, we work within your budget.

Work with Us

Contact Blake Health at info@blakehealthnj.org to inquire about program availability and to schedule a consultation. We welcome the opportunity to collaborate and support your organization's health education goals.



Physical Activity & Creative Movement

Bingocize® is an evidence-based program that combines bingo with exercise to promote physical activity and social engagement among older adults. This program provides a structured, interactive way to enhance physical fitness, improve balance, and reduce fall risk, all while participating in a fun and familiar game. By incorporating movements and exercises into the bingo game, Bingocize® encourages regular activity and helps participants build strength and coordination in a supportive environment.

Project Healthy Bones is a 24-week exercise and education program for older women and men at risk for, or who have osteoporosis. The program includes exercises that target the body's larger muscle groups to improve strength, balance and flexibility. The 24-week curriculum includes sessions on the importance of exercise, nutrition, safety, drug therapy and lifestyle factors.

Ballroom Balance is a falls prevention program designed for older adults, blending essential falls prevention strategies with the introduction to ballroom dance basics. This engaging workshop aims to enhance balance, coordination, and strength through the practice of fundamental ballroom dance steps. By incorporating dance movements, participants can improve their stability and mobility in a fun, interactive setting. This class also includes education on falls prevention techniques, such as proper body mechanics and safe movement practices.

Chair Yoga provides a gentle yet effective form of exercise tailored for individuals who may have limited mobility or prefer to practice yoga while seated. This class focuses on improving flexibility, strength, and relaxation through a series of seated yoga poses and breathing exercises.

Stride & Thrive is a walking program crafted to enhance physical health, improve mobility, and promote overall well-being through safe and enjoyable walking. The program offers structured and guided walking sessions tailored to various fitness levels and abilities, ensuring a supportive environment for all participants. Additionally, the program encourages social interaction to foster a sense of community and motivation.

Strong & Steady is a low-impact fitness program designed to improve balance, core strength, and overall stability in older adults. This six-week series incorporates chair support, isolated movements, and bodyweight exercises to help reduce fall risk and build functional strength. Ideal for all fitness levels, the program focuses on controlled, purposeful movement with modifications available to meet individual needs.



Programs Catalog by Health Topic

Intro to Ballet is a beginner-friendly ballet class introduces students to the fundamentals of ballet technique in a supportive and age-appropriate environment. Students will learn basic positions, posture, breath work, and movement vocabulary while building confidence and discipline.

Nutrition & Chronic Disease Management

Nourishing Choices offers seniors practical guidance on making nutritious food choices to support digestive health. Participants will learn about essential nutrients, balanced meal planning, and how to adapt dietary habits to meet their unique needs. Interactive sessions include meal prep tips, take-home recipes, and strategies for managing special dietary requirements.

Managing Chronic Conditions focuses on empowering seniors with knowledge and tools to manage chronic diseases such as diabetes, hypertension, arthritis and more. This class covers effective strategies for symptom control, medication management, and lifestyle adjustments. *This 4-6 week series can be adjusted to meet the needs of the target population. Physicians and other guest speakers are subject to change.*

Opioid Prevention

Opioid Prevention & Alternatives is designed to equip seniors with knowledge and strategies for preventing opioid misuse and exploring alternative pain management options. Participants will learn about the risks associated with opioid use, signs of misuse, and the importance of safe medication practices. The session will also cover non-opioid pain management strategies, such as physical therapy, lifestyle changes, and alternative therapies.

Mental Health

Creative Art & Wellness is a guided series that combines creative expression with wellness practices to support social-emotional health. Participants engage in activities such as journaling, watercolor painting, and scrapbooking, while learning practical strategies for stress relief, self-awareness, and resilience.

Mind Matters explores key aspects of brain health through weekly focused topics such as memory enhancement, stress management, mood regulation, and cognitive fitness. Each session includes engaging brain games designed to stimulate mental agility and reinforce learning. Participants will gain evidence-based strategies to improve memory, focus, and emotional well-being in a supportive and age-appropriate setting.



Programs Catalog by Health Topic

Community Resources

Community Connections helps older adults learn how to find and access local resources and services that support health, wellness, and daily living. Participants will receive guidance on topics like transportation, healthcare, housing, social programs, and more—empowering them to stay informed, connected, and independent in their community.

Additional workshops and customized programs are available upon request to meet the unique needs of your organization. To discuss your specific goals and schedule a consultation, please contact us at info@blakehealthnj.org.

We look forward to partnering with you to promote health, wellness, and education in your community.