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## VIVALON LAUNCHES NEW HEALTHY AGING PROGRAM, VITALITY@VIVALON

*Free Eight-Week Program Offers Interactive Group Sessions that Provide Practical Tools, Information and Support Designed to Promote Healthy Aging*

**San Rafael, Calif. (June 29, 2021)** – [Vivalon](#), a San Rafael-based nonprofit that promotes the independence, well-being and quality of life for older adults and people living with disabilities, is pleased to announce the launch of Vitality@Vivalon. The new eight-week healthy aging program is offered free of charge and is designed to give participants a baseline assessment of their current health, then provide information, tools, and support to encourage a shift toward new habits that can improve overall health and promote healthy aging.

Vitality@Vivalon consists of eight weekly interactive group sessions facilitated by qualified healthy aging educators. Various health topics will be discussed in a supportive environment designed to engage and educate participants. A personal consultation with deeper insights and advice will be available to all participants.



*Vivalon's eight-week healthy aging program, Vitality@Vivalon, will be free of charge and begins on July 22, 2021, at Vivalon in San Rafael*

Vivalon's new healthy aging program will also provide check-in visits for participants at three and six months following the completion of the eight weekly group sessions. The check-in visits are intended to support continued commitment to developing healthier habits and aging well.

"It is never too late to learn about our health, plan for the future, and become better equipped to take on any health challenges that might arise," said Anne Grey, Vivalon CEO. "We are living longer, so staying healthy is an important priority. Our new Vitality@Vivalon Healthy Aging Program encompasses so many of the elements that impact our health. It also takes advantage of the rich resources Vivalon offers through our array of regular programming."

Vitality@Vivalon was developed with the support of Wells Whitney, and [Dominican University of California](#) and its occupational therapy and nursing students. Dr. Gina Tucker-Roghi, assistant professor of occupational therapy, led the student effort along with clinical nurse instructor and adjunct professor Deborah Meshel. Students worked closely with Vivalon staff, applying knowledge of evidence-based assessments, group educational interventions and best-practices for the management of chronic medical conditions to create a multifaceted curriculum to support wellness. The program has the added advantage of integrating closely with many of Vivalon's classes and services.

Lucy Chen, an occupational therapy graduate student at the university who contributed to the effort, will be working under the supervision of Dr. Tucker-Roghi to facilitate the first eight-week program beginning July 22. In addition to the group program, participants will have the opportunity to receive individual occupational therapy services to integrate what they are learning into their daily lives. "It has been a thrill working with the Vivalon team to create this new healthy aging program," said Chen. "I truly feel this is an innovative program, unique in its integrated and collaborative approach to healthy aging. I cannot wait to welcome our first class participants on July 22!"

The eight weekly sessions will cover the following topics:

- Week 1: Understanding Your Health
- Week 2: Social Engagement
- Week 3: Falls and Physical Activity
- Week 4: Cognition and Intellectual Activities
- Week 5: Diet and Nutrition
- Week 6: Sleep and Stress Management
- Week 7: Spirituality
- Week 8: Planning for the Future

Weekly sessions will be held in-person each Thursday from 10 a.m. – 12 p.m., starting July 22, 2021, at Vivalon’s Healthy Aging Center. At this time, participants must be fully vaccinated to attend. To register, please call (415) 456-9062, or for more information, please contact Jenn Mangosong-Shankle at [jmangosong@vivalon.org](mailto:jmangosong@vivalon.org).

Vivalon recently announced the reopening of its Healthy Aging Center and Jackson Café. For more details on Vivalon’s reopening and safety guidelines, or for information about Vivalon services, programs, and volunteer opportunities, please visit [www.vivalon.org](http://www.vivalon.org).

Vitality@Vivalon is offered free to participants thanks to funding from the Rosenberger Family Fund at the Marin Community Foundation, and the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services. Additionally, the project described was supported by Grant Number K01HP33441 from the Health Resources and Services Administration (HRSA), an operating division of the U.S. Department of Health and Human Services.

**MEDIA PLEASE NOTE:**

For questions or to request an interview with a Vivalon representative, please contact Gus Nodal at (415) 609-3438 or [gus.nodal@gmail.com](mailto:gus.nodal@gmail.com).

To request an interview with a Dominican University representative, please contact Dave Albee at (415) 257-1308 or [david.albee@dominican.edu](mailto:david.albee@dominican.edu).

**ABOUT VIVALON**

Vivalon (formerly known as Whistlestop) has served as Marin County’s hub for healthy aging for 67 years. As the largest nonprofit serving older adults and people with disabilities in Marin County, Vivalon helps these valuable community members stay healthy, active, connected and informed with classes, workshops, and activities at its Healthy Aging Center; nutrition services such as home delivered meals through its Meals on Wheels and Vivalon Nourish programs and nutritious meals at its Jackson Café; and a variety of specialized transportation services. In addition to serving the needs of older adults and individuals living with disabilities, Vivalon provides services for other vulnerable populations, such as those with chronic health challenges and low-income families. For more information about Vivalon, please visit [www.vivalon.org](http://www.vivalon.org).

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