

Disease Prevention and Health Promotion

Explore the Benefits, Embrace a Healthy Life



At Henry J. Austin Health Center (HJAHC), we work to educate the senior population of Mercer County, particularly the medically underserved, regarding healthy lifestyle choices and disease prevention.

The Senior Health and Disease Prevention Program directs individuals who need services to one of our health centers and the many departments that they can benefit from.

Senior Health Services Offered Include:

Take Control of Your Health; “Chronic Disease Self-Management”

Our free 6-week workshop empowers you to:

- Acquire innovative techniques to proactively manage your health
- Exchange experiences and ideas with fellow participants
- Conquer symptoms, from pain to fatigue, with newfound skills
- Set goals, track progress, and celebrate achievements
- Overcome hurdles and negative thoughts hindering progress
- Each participant uses a copy of “Living a Healthy Life with Chronic Conditions”



Redefining Community Healthcare

A Matter of Balance; Managing Concerns about Falls

In our free 8-week workshop you will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

“Walk with Ease”

In our free 6-week/18-session workshop you will learn to:

- Reduce pain and discomfort of arthritis
- Increase balance and strength
- Build confidence to be physically active and improve overall health
- Help decrease arthritis symptoms
- Control balance, strength, and walking pace

“Active Living Every Day” (Program available as of Oct. 2023)

In our free 6 week/12-session workshop you will learn to:

- Improve physical activity
- Learn and practice behavior change skills
- Focuses on root causes for inactivity
- Relapse prevention
- Incorporate physical activities into everyday life

Bringing Health to Your Doorstep

Our mobile outreach program is designed to come to your group’s location, ensuring accessibility and convenience.

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HJAHC is accredited by:
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The National Committee for Quality Assurance

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