

# ILPTH Program Quick Reference – FALLS and CDSME



Program	# Participants In-person	# Participants Virtual	Cut-off for New Participants to Join	# of Workshop Sessions	Time
<b>Take Charge Suite of Programs (Health, Diabetes, Pain, CTS)</b>	Max: 18 Min: 10  Max Rural: 18 Min Rural: 6	Max: 12 Min: 8  Max Rural: 12 Min Rural: 6	No new participants may join after Session 2	6 Sessions	Meet one day a week for 2.5 hours with a built-in break
<b>A Matter of Balance</b>	Max: 12 Min: 8  Max Rural: 12 Min Rural: 8	Max: 12 Min: 8  Max Rural: 12 Min Rural: 8	No new participants may join after Session 2	8 sessions for in-person workshops  9 sessions for virtual workshops	Meet either one or two days week for 2 hours with a built-in break
<b>Bingocize</b>	Max: >20 Min: 8 20 or more requires 2 facilitators  Max rural: >20 Min rural: 8	Max: >20 Min: 8 20 or more requires 2 facilitators  Max rural: >20 Min rural: 8	No new participants may join after Session 2	20 sessions for both in-person and virtual	Meets twice a week for an hour over 10 weeks.
<b>Tai Chi for Arthritis and Fall Prevention</b>	It is up to the TCA instructor as to the maximum or minimum	It is up to the TCA instructor as to the maximum or minimum	No new participants may join after Session 2	8, 12 or 16 sessions; it is up to the TCA instructor	Meet either one or two days a week for 1 hour