

Her Story, Together in Movement

What Is Operation Change?

Operation Change is a **12-week, community-based behavioral change program** that **empowers women age 40+** living with chronic health conditions to take charge of their mobility and well-being. Through interactive learning, increased physical activity, health education, and meaningful peer support, participants develop **sustainable habits** that improve mobility, strengthen confidence, and lead to lasting lifestyle change.

From coast to coast, thousands of women have reclaimed their health, confidence, and purpose through Operation Change. Their journeys prove that when women are empowered with knowledge, community, and movement, change isn't just possible – **it's powerful!**

Why Is Operation Change Unique

- Defines the importance of **movement as medicine** for joint pain, increasing awareness of risks associated with limited mobility
- Strengthens community capacity through partnerships and local engagement.
- Addresses the **social determinants of health**, that impact chronic conditions and quality of life
- Integrates **motivational interviewing** to facilitate sustained behavioral change.

Why Operation Change Works

- Program Directors and Motivational Interviewers are recruited from the **local community**, ensuring trust and cultural relevance.
- **Weekly 3-hour sessions are capped at 50 participants** to provide individualized support, with a 1:10 motivational interviewer-to-participant ratio.
- Inclusive, culturally tailored physical activity **supports all mobility levels** while building connection through shared experiences and goals.



Request More Information
operationchange@movementislifecommunity.org

Program Schedule

| Dates | Events |
|-----------|----------------------------------|
| 3/28/2026 | Town Hall |
| 4/18/2026 | Week 1 - Baseline Assessments |
| 4/25/2026 | Week 2 - Mental Health |
| 5/2/2026 | Week 3 - Mental Health |
| 5/9/2026 | Week 4 - Social Support |
| 5/16/2026 | Week 5 - Social Support |
| 5/30/2026 | Week 6 - Nutrition |
| 6/6/2026 | Week 7 - Nutrition |
| 6/13/2026 | Week 8 - Provider |
| 6/20/2026 | Week 9 - Provider/Access to Care |
| 6/27/2026 | Week 10 - Access to Care |
| 7/11/2026 | Week 11 - Final Assessments |
| 7/25/2026 | Week 12 - Program Celebration |

Session Information:

- 3 hour session (9am-12pm)
 - 1hr - Education on managing chronic conditions
 - 1hr - Tailored physical activity
 - 1 hr - small group motivational interviewing to support lasting behavior change

What to Expect:

- Wear comfortable clothing
- Bring water
- All activities are adaptable to your mobility level
- You're encouraged to participate at your own pace
- **Have FUN!**

Program Schedule

| Dates | Events |
|-----------|----------------------------------|
| 5/7/2026 | Town Hall |
| 6/4/2026 | Week 1 - Baseline Assessments |
| 6/11/2026 | Week 2 - Mental Health |
| 6/18/2026 | Week 3 - Mental Health |
| 6/25/2026 | Week 4 - Social Support |
| 7/9/2026 | Week 5 - Social Support |
| 7/16/2026 | Week 6 - Nutrition |
| 7/23/2026 | Week 7 - Nutrition |
| 7/30/2026 | Week 8 - Provider |
| 8/6/2026 | Week 9 - Provider/Access to Care |
| 8/13/2026 | Week 10 - Access to Care |
| 8/20/2026 | Week 11 - Final Assessments |
| 8/27/2026 | Week 12 - Program Celebration |

Session Information:

- 3 hour session (5pm-8pm)
 - 1hr - Education on managing chronic conditions
 - 1hr - Tailored physical activity
 - 1 hr - small group motivational interviewing to support lasting behavior change

What to Expect:

- Wear comfortable clothing
- Bring water
- All activities are adaptable to your mobility level
- You're encouraged to participate at your own pace
- **Have FUN!**