

Living Well With Chronic Health Problems

Are you or a loved one living with arthritis, cancer, heart problems, diabetes, stroke, asthma or other chronic diseases? This workshop shows you how to take small manageable steps toward healthier living and improve your ability to manage day-to-day activities of life.

A prescription for improved living that works! People who participate in the workshop experience:

- More energy, less fatigue
- A more active lifestyle
- Better communications with providers
- Better overall health
- Less time in the hospital
- More confidence taking care of their health

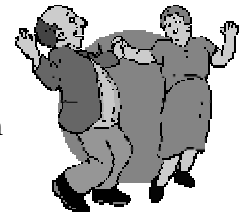


Learn techniques for taking control of your health! The six-session weekly interactive workshop helps people who have significant health conditions learn how to take control of their health. The sessions deal with the issues that everyone living with an ongoing (chronic) health condition faces. Each session lasts two and one-half hours. We encourage you to bring a family member or support person to all sessions. You will learn how to accomplish the following:

- Manage medications
- Deal with depression
- Eat wisely and well
- Control pain
- Set and meet your goals
- Fight fatigue and frustration
- Start an appropriate exercise program
- Manage stress and relax
- Solve problems
- Communicate with health providers better

Workshop leaders are just like you! They understand the challenges of living with ongoing health conditions and manage their own health using the skills you will learn. They have been trained to lead the group. As a result the group is both educational and supportive.

Living Well With Chronic Health Problems can help you develop the skills needed to take control of your health condition and live a happier and healthier life. Stanford University developed the program. It is being offered for the first time in Southern Oregon and is designed to *enhance* medical treatment and deal with the issues that everyone living with an ongoing health condition faces. Two workshop tracks are available:



Classes begin regularly in Jackson and Josephine County
Registration required. Enrollment limited.

No charge for those participating in the initial offerings of the workshop.

Contact: Sharon Johnson at 776-7371 x 210 or John Irwin at 664-2456
for more information

This program brought to you through a partnership of local health and human service providers in collaboration with the Rogue Valley Council of Governments' Senior and Disabled Services