

Living Healthy Workshop

The Southwestern Commission Area Agency on Aging invites you to participate in a self-management workshop for people with any type of ongoing health challenges.

These challenges may include heart disease, lung disease, stroke, diabetes, arthritis, high blood pressure, overweight, fibromyalgia, and others.

Designed at Stanford University, research studies have shown that the workshop is extremely effective in helping people manage their health.

By taking part in a Living Well Workshop you will learn better ways of coping and managing your health by:

- ⇒ Setting do-able goals
- ⇒ Working with others
- ⇒ Finding support and solutions to problems
- ⇒ Making daily tasks easier
- ⇒ Relaxing and managing stress

ABOUT LIVING HEALTHY

The Living Well workshop is held two and a half hours, once a week, for six weeks. It's held in community settings, such as senior centers, churches, libraries and community centers. People with different ongoing health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom live with an ongoing health challenge.

Subjects Covered include:

- ⇒ Healthy Nutrition
- ⇒ How to evaluate new treatments
- ⇒ Appropriate exercise for maintaining and improving strength, flexibility and endurance
- ⇒ Appropriate use of medications
- ⇒ Ways to deal with problems such as frustration, fatigue, pain and isolation
- ⇒ Communicating effectively with family, friends and health professionals

Sessions are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

To get the maximum benefits, participation in all sessions is very important.

Workshop Features:

- ⇒ Each participant in the workshop receives a copy of the companion book, "Living a Healthy Life With Chronic Conditions," and an audio relaxation CD, "*Time for Healing*."
- ⇒ Spouses or support people should also register.
- ⇒ The workshop compliments disease-specific programs such as diabetes education or cardiac rehab.
- ⇒ While a variety of skills and coping actions are presented, participants choose the ones they want to use.

**Sick and Tired of
being Sick and
Tired???**

TAKE CONTROL!

Enroll in the Living Healthy Workshop

For More Information or
to Register, contact:

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After attending this
workshop, you will feel more
prepared to:

- ⇒ Deal with pain and
extreme tiredness
- ⇒ Eat for better health
- ⇒ Talk with family, friends
and health professionals
- ⇒ Manage medications
- ⇒ Manage emotions
- ⇒ Relax and enjoy life

Comments from Workshop Participants:

*"I have learned to make do-able action
plans and to relax."*

*"I have become more confident and
positive and plan to do achievable
goals..."*

*"It is possible to make your life more
effective and happier."*

*"Socializing and exchanging ideas with
other group members was helpful."*

*"I never took initiative before because I
was waiting to be cured."*



**A six-week program
to help you to
improve your health
– one step at a time.**

*Designed especially for people living
with ongoing health challenges.*

TAKE CONTROL OF YOUR HEALTH

**Chronic Disease Self
Management Program**

Sponsored by:
Southwestern Commission
Area Agency on Aging