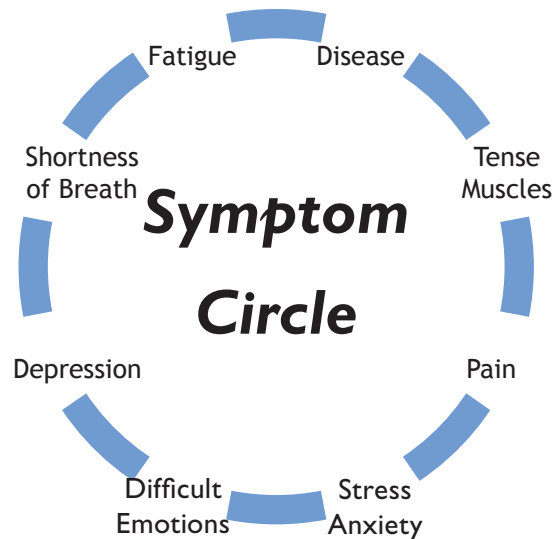


WHAT IS LIVING HEALTHY*?

Living Healthy* is a six-week workshop series that empowers older adults & their caregivers to self-manage the ups and downs of living with a chronic condition like arthritis, heart disease, osteoporosis, and diabetes.

Learn how to break the cycle with the help of peer leaders who are living with & managing their health every day just like you!



“After taking the class I’m now a problem-solver instead of a victim, and I can communicate easier with my doctor about my needs.”

- Living Healthy* workshop participant Albany, 2006

Come Learn the Formula!

Stress Management

+

Balanced Nutrition

+

Exercise Planning =

Independence & Well-being

Living Healthy* is the local implementation of the Chronic Disease Self Management Program developed by Stanford Patient Education Research Center.

For more information please go to: <http://patienteducation.stanford.edu/programs/cdsmp.html>

Living Healthy* is a component of Healthy Choices New York, a statewide initiative funded through the federal Administration on Aging, the New York State Office for the Aging and the New York State Department of Health. The Healthy Choices New York initiative is jointly sponsored in the Capital Region by a four county collaborative including the Area Agencies on Aging in Albany, Rensselaer, Saratoga and Schenectady, and coordinated in partnership with OASIS Lifelong Learning Programs.

DO YOU HAVE... ARTHRITIS?
HEART DISEASE?
OSTEOPOROSIS?
OR DIABETES?
OR ARE YOU PROVIDING CARE
FOR SOMEONE WHO DOES?



Come join us for...

Living Healthy*

A six week workshop for
adults 60+ & their caregivers

To find out more, contact:

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Project Coordinator

Healthy Choices New York

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Healthy Choices
NEW YORK
www.albany.edu/aging/healthychoices

TRUE OR FALSE?

People with chronic health conditions, such as arthritis, heart disease, osteoporosis, and diabetes, have unique symptoms and the ways people manage them depend solely on the particular condition being addressed?

ANSWER: FALSE!

People with chronic conditions often share similar symptoms (fatigue, stress, pain and difficult emotions) and can use similar techniques to maintain and improve health.

All Living Healthy* participants can expect to receive:

- * Six workshops on self-management techniques – at no cost and with light and healthy refreshments!
- * FREE workshop textbook and compact disc (a \$50.00 value!)
- * Ongoing support from dedicated peer leaders
- * Assistance with registration to find a workshop that meets your needs and your schedule

HOW CAN YOU GET INVOLVED?

WHO: Workshop participants are people living with chronic health conditions as well as caregivers who are interested in exploring new ways to manage ongoing health needs. A typical workshop includes twelve participants co-led by two peer leaders who are often former graduates of the program.

WHAT: During workshops, participants will learn techniques to help them better manage health conditions and maintain or improve health. Participants will be taught by someone who has personal experience with a chronic condition. Some of the strategies participants will try include:

- * Developing problem-solving & action planning skills
- * Relaxation/Pain management techniques
- * Improving communication skills
- * Establishing exercise & nutrition goals

WHERE: Living Healthy* workshops are held at community-based organizations, such as senior centers, libraries, YMCAs, and places of worship throughout the Capital Region. To find a workshop in your community, contact the Healthy Choices Project Coordinator listed on the front of this brochure.

WHEN: Living Healthy* workshops meet once a week, for 2 ½ hours, for six consecutive weeks. The Project Coordinator can assist you in finding a workshop schedule that best fits your needs.

EXPECTATIONS . . .

To maximize the benefits of the Living Healthy* program, participants should:

- * Attend workshops regularly
- * Do your homework
- * Come willing to explore new things
- * Share what you know and be willing to learn from others

ARE YOU READY TO JOIN US?

DO YOU HAVE MORE QUESTIONS?

Please contact:

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