

Workshop Information

Workshop Location:

William C. Ellison Apartments
3505 W. Washington St.
South Bend, IN 46619

Workshop Dates / Times:

The workshop will be held on –
Aug. 16, 2010 – Sep. 27, 2010
2:00pm – 4:30pm
Register by: Aug. 11, 2010

Workshop Leaders:

Tonjohnique Coppage and
Quin Dearmond will lead the workshop.

Each workshop can be successful with up
to 20 participants. Please register early to

Check here to attend this
workshop:



This training is provided by REAL Services/Area 2 Agency on
Aging with a grant from the National Council on Aging in
partnership with the Indiana FSSA Division of Aging.



REAL Services/Area 2 Agency on Aging
1151 South Michigan St.
South Bend, IN 46634



Living a Healthy Life
With Chronic Conditions

**Would you like to learn a healthy way to
manage your chronic condition?**



Look inside for information on Indiana's
Chronic Disease Self Management Program,
available in your area.



Hosted by:

REAL Services/Area 2 Agency on Aging

General Information

Who should attend?

People with chronic long term conditions, such as:

- ◆ Diabetes
- ◆ Arthritis
- ◆ Heart Disease
- ◆ Asthma
- ◆ Lung Disease
- ◆ Emphysema
- ◆ Stroke
- ◆ Parkinson's
- ◆ Osteoporosis
- ◆ Multiple Sclerosis



This workshop is also open to a friend, caregiver or relative of participants with chronic conditions who would benefit from the problem solving skills related to managing a chronic condition. Adults of any age can benefit from the skills taught in this workshop.

General Information

What does this course cover?

You will learn how to manage your symptoms and:

- ◆ Better communicate with your doctor, nurse or dietitian
- ◆ Reduce your frustration
- ◆ Fight fatigue
- ◆ Make your daily tasks easier
- ◆ Learn breathing and relaxation exercises
- ◆ Reduce stress and anxiety
- ◆ Take back control of your condition

How does it work?

The Living a Healthy Life workshop is taught in six sessions held once a week for six weeks. Two trained leaders lead the 2.5 hour sessions. Participants with chronic conditions are encouraged to bring a friend, caregiver or family member with them to the sessions.

Registration Information

Send this form to register:

Fax: 574-284-2691 (REAL Services)

Email: REAL Services
Leah Kelly Schrock
lschrock@realservices.org

Phone: 574-284-7132
800-552-7928, ext. 7132

OR: William C. Ellison Apartments
Sharon Myers
574-287-9767

Your Name: _____

Your Phone: _____

Your Address: _____

Your E-mail: _____

COST: \$10.00 Per Person

The cost includes participation in the six-session/week workshop; a copy of the book "Living a Healthy Life with Chronic Conditions", which each participant can keep at the end of the workshop; and it will allow the workshops to continue beyond the grant period.

Please Register Early as workshops may be cancelled if a minimum number of persons do not pre-register. Plan to commit to all six sessions as this is not a drop-in