

## Workshop Information

### Workshop Location:

Center for Hospice Care  
22579 Old US 20 East  
Elkhart, IN 46516

### Workshop Dates / Times:

The workshop will be held on –  
Aug. 24, 2010 – Sep. 28, 2010  
1:30pm – 4:00pm  
Register by: Aug. 17, 2010

### Workshop Leaders:

Leah Kelly Schrock and Jean Tavernier 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](mailto:lschrock@realservices.org)

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

OR: Center for Hospice Care  
Terri Stahl  
574-264-3321

Your Name: \_\_\_\_\_

Your Phone: \_\_\_\_\_

Your Address: \_\_\_\_\_

Your E-mail: \_\_\_\_\_

#### **COST: \$10.00 Per Person**

(\$18.95 for non-Indiana residents)

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