Living Well for Better Health

End of Session Survey

Session 1

Please circle your answer to the following questions.

1. How satisfied are you with today’s session?
   Very Satisfied
   Satisfied
   Neutral
   Somewhat
   Not at all

2. Out of the topics discussed today, what did you find the MOST useful?
   Introduction to the Workshop
   Group Introductions
   The Mind-Body Connection/Distraction (Lemon activity)
   Getting a Good Night’s Sleep
   Introduction to Action Plans

3. In general, how would you rate your health for today?
   Excellent
   Very Good
   Good
   Fair
   Poor

4. Did you have reliable transportation to today’s session?
   Yes
   No

5. Will you be back next week? If no, please explain?
   Yes
   No ________________________________________________________

6. Comments and feedback:
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
Appendix C

Thank you for your time! Please put your name in the basket for a chance to win a gift card of $25.00 to be drawn at the end of the Program

Living Well for Better Health

End of Session Survey

Session 2

Please circle your answer to the following questions

1. How satisfied are you with today’s session?
   - Very Satisfied
   - Satisfied
   - Neutral
   - Somewhat
   - Not at all

2. Out of the topics discussed today, what did you find the MOST useful?
   - Feedback and Problem-Solving
   - Dealing with Difficult Emotions
   - Introduction to Physical Activity and Exercise
   - Preventing Falls and Improving Balance
   - Making an Action Plan

3. In general, how would you rate your health for today?
   - Excellent
   - Very Good
   - Good
   - Fair
   - Poor

4. Did you have reliable transportation to today’s session?
   - Yes
   - No

5. Will you be back next week? If no, please explain?
   - Yes
   - No ______________________________________________________

6. Comments and feedback:
Thank you for your time! Please put your name in the basket for a chance to win a gift card of $25.00 to be drawn at the end of the Program

Living Well for Better Health

End of Session Survey

Session 3

Please circle your answer to the following questions

1. How satisfied are you with today’s session?
   - Very Satisfied
   - Satisfied
   - Neutral
   - Somewhat
   - Not at all

2. Out of the topics discussed today, what did you find the MOST useful?
   - Feedback
   - Making Decisions
   - Pain and Fatigue Management
   - Endurance Exercise
   - Relaxation Body Scan
   - Making an Action Plan

3. In general, how would you rate your health for today?
   - Excellent
   - Very Good
   - Good
   - Fair
   - Poor

4. Did you have reliable transportation to today’s session?
   - Yes
   - No

5. Will you be back next week? If no, please explain?
6. Comments and feedback:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Thank you for your time! Please put your name in the basket for a chance to win a gift card of $25.00 to be drawn at the end of the Program.

Living Well for Better Health
End of Session Survey
Session 4

Please circle your answer to the following questions

1. How satisfied are you with today’s session?
   Very Satisfied
   Satisfied
   Neutral
   Somewhat
   Not at all

2. Out of the topics discussed today, what did you find the MOST useful?
   Feedback
   Better Breathing
   Healthy Eating
   Communication Skills
   Problem-Solving
   Making an Action Plan

3. In general, how would you rate your health for today?
   Excellent
   Very Good
   Good
   Fair
   Poor

4. Did you have reliable transportation to today’s session?
   Yes
No

5. Will you be back next week? If no, please explain?
   Yes
   No ___________________________________________

6. Comments and feedback:
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

Thank you for your time! Please put your name in the basket for a chance to win a gift card of $25.00 to be drawn at the end of the Program

Living Well for Better Health

End of Session Survey

Session 5

Please circle your answer to the following questions

1. How satisfied are you with today’s session?
   Very Satisfied
   Satisfied
   Neutral
   Somewhat
   Not at all

2. Out of the topics discussed today, what did you find the MOST useful?
   Feedback
   Making Healthy Food Choices
   Medication Usage
   Making Informed Treatment Decisions
   Dealing with Depression
   Positive Thing Making an Action Plan

3. In general, how would you rate your health for today?
   Excellent
   Very Good
   Good
   Fair
   Poor
4. Did you have reliable transportation to today’s session?
   Yes
   No

5. Will you be back next week? If no, please explain?
   Yes
   No ________________________________________________________

6. Comments and feedback:
   __________________________________________________________________
   __________________________________________________________________
   __________________________________________________________________

Thank you for your time! Please put your name in the basket for a chance to win a gift card of $25.00 to be drawn at the end of the Program

Living Well for Better Health
End of Session Survey
Session 6

Please circle your answer to the following questions

1. How satisfied are you with today’s session?
   Very Satisfied
   Satisfied
   Neutral
   Somewhat
   Not at all

2. Out of the topics discussed today, what did you find the MOST useful?
   Feedback
   Working with Your Health Care Professional and health Care Organization
   Weight management
   Looking Back and Planning for the Future

3. In general, how would you rate your health for today
   Excellent
   Very Good
   Good
Appendix C

Fair
Poor

4. Did you have reliable transportation to today’s session?
   Yes
   No

5. Will you be back next week? If no, please explain?
   Yes
   No ________________________________________________________

6. Comments and feedback:
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

Thank you for your time! Please put your name in the basket for a chance to win a gift card of $25.00 to be drawn at the end of the Program