Take Charge of Your Health!

Do you ever wish you could do something to feel better, despite having a chronic health condition or disability? You can! Sign up for Healthier Living, a six-week workshop and learn to:

- Deal more effectively with pain, fatigue, depression and stress
- Get the nutrition you need
- Manage your weight
- Build strength, flexibility and endurance
- Improve communication with your doctor
- Give and receive support from other participants
- Set and reach weekly goals
- Discover little changes that can make a big difference in your health!

Workshops currently are available at no charge to Colorado residents who are age 18 and over with a disability or 60 and over with a chronic health condition, such as diabetes, arthritis, heart disease, high blood pressure, emphysema, hepatitis, multiple sclerosis, Parkinson's disease, depression, anxiety, chronic pain and many others.

You will spend 2 ½ hours per week in the workshops, which are led by two trained facilitators. Specialized classes are available in some areas for Spanish speakers, people with diabetes and individuals coping with chronic pain.

Here is what just a few participants have said about the Healthier Living workshops:

- "I registered for the course with a strong dose of skepticism. [But almost immediately], I knew I had stumbled onto something. This program held the keys I needed to re-launch my life within the boundaries of chronic illness."

- "The course gave me strategies for keeping depression and pain at bay, ways to relax my mind and body, and eye-opening ideas about exercise that I could do. I began to feel successful, seeing in a positive light things about which I had been hopeless before."

- "I feel more confident. I have both the motivation and the skills I need. Last week, I went in for my annual physical. My doctor was flabbergasted! My cholesterol is down 71 points. I met my 10 percent weight-loss goal. My blood pressure is low. The doctor said my lab work numbers are the kind she sees on folks taking cholesterol lowering drugs!"

- "I have developed a new relationship with my doctors. I'm not afraid to ask questions or to ask for clarification. I'm a member of the team... and the manager of my health."

- "What helped so much was the short-term goal-setting, [identifying something] attainable, making a decision, then implementing it. The workshop was absolutely the best thing that has happened to me."

To find upcoming classes, call 1-888-900-2629 or go to: http://selfmanagementcolorado.org/. Click "Classes" and then "Classes for the public". If you don't see a class in your area, please scroll to the bottom of the page to where it says "Don't see a class near you? Just click here."