

Add confidence back into your life.

Consider Your Life, Your Health




Workshops.

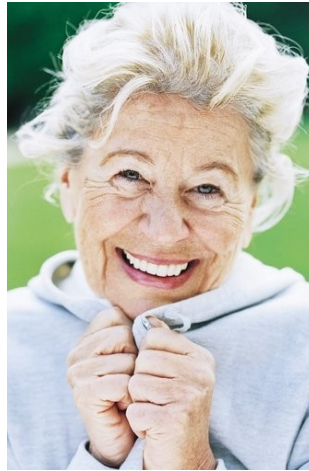
Are you an older adult with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

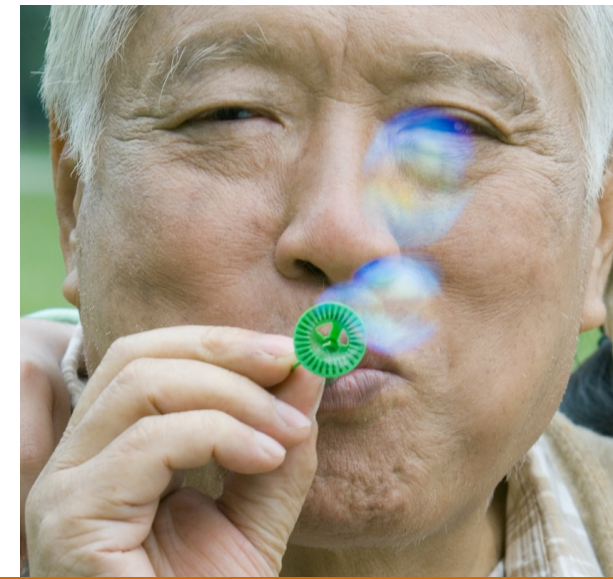
If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the **Your Life, Your Health** workshops can help you take charge of your life.

Spaces Are Limited

-  Join a free 2 ½-hour **Your Life, Your Health** Workshop, held one day a week for six weeks in a community setting near you.
-  Learn from trained volunteer leaders with health conditions themselves.
-  Set your own goals and make a step-by-step plan to improve your health and your life.



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”



**“Your Life, Your Health”
workshops make
the difference**

Feel Better

Be in Control

**Do the things you
want to do**



**Attend a Your Life, Your
Health Workshop**

“Your Life, Your Health”

Workshop Registration



Yes, I am interested in
Feeling Better!
Being in Control!
Doing the things I want to!

Name: _____

Address: _____

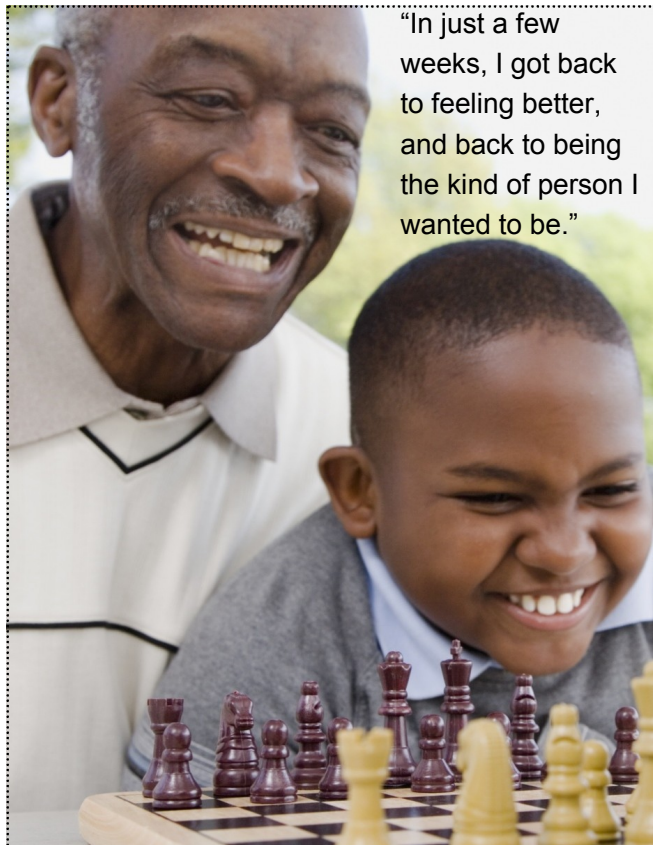
City: _____ State ____ Zip _____

Phone number: (____) ____-_____

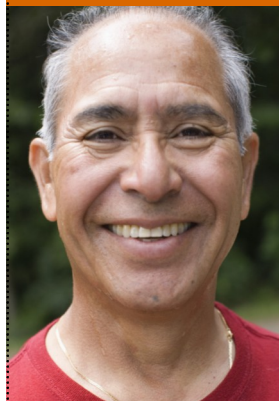
Chronic condition (s)

To reserve your spot, return form to:
Capital Area Agency on Aging
6554 Florida Blvd., Ste. 221
P.O. Box 66038
Baton Rouge, LA 70896

Or Call:
1-800-833-9883 or 225-922-2525



“In just a few weeks, I got back to feeling better, and back to being the kind of person I wanted to be.”



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”

Workshop Discussion Topics Include:

- Overview of Self-Management And Chronic Health Conditions
- Using Your Mind To Manage Symptoms
- Getting a Good Nights Sleep
- Making An Action Plan
- Feedback And Problem-Solving
- Dealing With Difficult Emotions
- Physical Activity And Exercise
- Preventing Falls
- Making Decisions
- Pain And Fatigue Management
- Better Breathing
- Healthy Eating
- Communication Skills
- Medication Usage
- Making Informed Treatment Decisions
- Dealing With Depression
- Working With Your Health Care Professional And Organization
- Weight Management
- Future Plans