

## Workshop Session

Sessions are six weeks for two and a half hours. Sessions are held at the same location and time each week.

Please plan on attending all 6 classes when registering.

**If your church, organization or group would like to sponsor a Workshop, please call HealthVisions East St. Louis at 618-271-7000**

Leaders: Paula E. Wills  
Carol Conner



**HEALTHVISIONS EAST ST. LOUIS**

*Sponsored by the Poor Handmaids of Jesus Christ*

## **SPONSORS and COOPERATING PARTNERS**

### Area Agency on Aging of Southwestern Illinois

2365 Country Road  
Belleville, IL 62221  
800-326-3221  
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[www.answeronaging.com](http://www.answeronaging.com)

### Incarnate Word Foundation

5257 Shaw Avenue  
St. Louis, MO 63110  
(314) 773-5100

### Vatterott Foundation

10449 St. Charles Rock Road  
Saint Ann, Mo 63074

### **HealthVisions East St. Louis**

1269 N 89th Street, Suite 7  
East St. Louis, IL 62203  
618-271-7000  
Fax 618-271-7007  
[www.hvusa.org](http://www.hvusa.org)



**HEALTHVISIONS EAST ST. LOUIS**

*Sponsored by the Poor Handmaids of Jesus Christ*

*Living a Healthy Life*



**Are you living with diabetes, heart disease, high blood pressure, arthritis, cancer, etc?**

Learn how to get the most out of life, to feel better and do more; develop skills to deal with chronic conditions and treatments so you can get the best results.

*Take back your life!*

For information or to register call  
**618-271-7000**

Ask for Paula E. Wills  
or Carol Conner

E-mail: [pwills@hvusa.org](mailto:pwills@hvusa.org)  
[cconner@hvusa.org](mailto:cconner@hvusa.org)

## Program Description

**Living a Healthy Life** is a six-week Group education workshop series for adults living with a chronic condition. The Patient Education Research Center at Stanford University developed the program to help people with chronic conditions gain self-confidence in their ability to manage their own health.

People with chronic conditions have many similar concerns and problems. They must deal not only with their disease(s), but also with the impact these have on their lives and emotions. The sessions provide information about issues related to a variety of conditions—diabetes, heart disease, stroke, asthma, arthritis, emphysema and others.

Sessions are fun and interactive. Participants share their successes and have a source of support. The workshop is designed to complement the professional services provided by your health care team.

*“Do you not know that your body is a temple of the Holy Spirit, who is in you, Whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”*

1 Corinthians 6: 19-20

## Program Goals

The **Living a Healthy Life** program is designed to:

- Improve your knowledge of living a healthy life with a chronic condition
- Teach the latest medical and pain management approaches
- Help you learn to manage fatigue and stress more effectively
- Help you find solutions to problems caused by your condition
- Identify ways to deal with anger, fear, frustration and depression
- Discuss the role of nutrition in chronic disease management
- Teach new ways to communicate with family and friends
- Teach you how to form a partnership with you health-care team.

## Principles of Self-Management

- Participants who are able to lead healthy lifestyles, problem solve and manage stress are better able to manage their illness
- Participants learn disease management skills by observing others, practicing new skills and getting feedback
- Participants benefit from small group sessions.

## Basic Information

### Who Can Participate

Anyone with a chronic condition may enroll. A spouse, other family member or friend of a person with a chronic condition may also enroll in the class.

### Cost

There is **NO** cost to participants for the workshop. The *Living a Healthy Life with Chronic Conditions* workbook cost \$20. Donations accepted. Participants receive a certificate.

## Living a Healthy Life Program Includes

- ◆ Effective problem solving
- ◆ Better Communications
- ◆ Handling difficult emotions
- ◆ Tips for safe and easy exercise
- ◆ Working with a health care team
- ◆ How to relax
- ◆ How to manage symptoms
- ◆ Set Weekly goals.



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