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Appendix G

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Are You Struggling with a Chronic Disease?

By: Erin Ulibarri, MPH

Did you know there is a **FREE** workshop offered throughout Orange County that can help you learn to manage your chronic condition and improve your health?

The Healthier Living workshop is a 6-week series that is for anyone with an ongoing health problem, family members of someone with a chronic condition or anyone who wants to be more physically and socially active.

The class is offered at various locations such as senior centers, community centers, churches and senior apartment buildings one day a week for 2 ½ hours. Attendance at each of the six classes is expected.

This workshop has been shown to:

- increase energy
- reduce pain, sleep loss and anxiety
- help you communicate better with family, friends and doctors
- increase physical activity
- lower number of doctor's visits, hospitalizations and ER visits

The workshop is very interactive with many opportunities for participants to share experiences and ideas with each other. Topics covered in the workshop include goal setting, problem solving, managing symptoms, relaxation techniques, tips for healthier eating and communicating with others.

If you are interested in attending a Healthier Living workshop, call the Orange County Office on Aging at **1-800-510-2020** or **1-714-567-7500** for the schedule and location of upcoming classes.

The Office on Aging also has resource information on meals, in-home care, healthcare, transportation, legal and caregiving assistance, prescription insurance, exercise classes and much more.