

## **Do you have an ongoing health condition? If so, then a Take Charge of Your Health workshop is a good fit for you!**

### **What is Take Charge of Your Health?**

Take Charge of Your Health is an interactive workshop designed for people with any type of ongoing health condition and their caregivers. Participation in a workshop provides skills and tools to help you make meaningful and lasting changes to your health so that you can live an active, fulfilling life. Take Charge of Your Health workshops are also available in Spanish.

### **Who should attend a workshop?**

- Adults with any type of ongoing health condition and their caregivers
- Adults whose health problems have begun to interfere with daily activities
- Adults who have had challenges following health recommendations

### **Benefits to join a workshop:**

- Increased energy and less fatigue
- Increased physical activity
- Increased confidence in managing health
- Decreased pain and depression
- Less frustration or worry about health



### **Topics covered during workshop sessions:**

- Nutrition and healthy eating habits
- Physical activity and exercise
- Pain and stress management
- Effective communication with family, friends and health care providers
- Problem solving, goal setting and many more

### **Duration of a workshop:**

- Workshops meet weekly for six weeks for 2.5 hours with a built-in break
- Workshops meet in person at convenient community or clinical settings OR virtually (**technical assistance is provided**)

### **How do I join a workshop?**

- To find a workshop near you or for more information, call the number below or email the Health Promotion Team at AgeOptions.