

Engaging Interactive Effective

Evidence-based Health Promotion Workshops



The **Take Charge** Suite of Programs are small group workshops for adults with ongoing health conditions and their caregivers. Participants learn skills proven to help make meaningful full and lasting changes to their health

All programs include similar activities such as healthy eating physical activity, effective communication, goal setting, decision benefits unique to each

Cancer: Thriving & Surviving



- For adults living with or those impacted by cancer.
- Learn techniques to deal with problems such as frustration, fatigue, pain, isolation and living with uncertainty.

Take Charge of Your Pain



- For adults, 18 years and older, living with chronic pain.
- Nutrition, healthy eating, and menu planning activities
- Discuss medication management, monitoring, and foot care
- Helps to lower A1C levels

Workplace: Take Charge of Your Health



- Working adults living with one or more chronic conditions.
- Increase productivity
- Decrease absenteeism
- Reduce healthcare costs
- Improve overall health and well-being
- Improved exercise and eating behaviors



Contact the Health Promotion Team at AgeOptions at (800)699-9043 or email info@ilpathwaystohealth.org

This workshop is open to any resident in the State of Illinois except for residents of the following counties: Boone, Carroll, DeKalb, Lee, Ogle, Jo Daviess, Stephenson, Whiteside, and Winnebago.

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The **Take Charge** Programs continued.

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Take Charge of Your Health

Workshops are designed for people with ongoing health conditions and their caregivers. Topics covered:

- Healthy eating
- Physical activity
- Pain management
- Goal setting
- Medication management
- Decision making

Take Charge of Your Diabetes

Workshops are designed for people with diabetes, pre-diabetes, and their caregivers. Topics covered:

- Menu planning
- Physical activity
- Goal setting
- Monitoring Foot care
- Problem solving

Workshops meet for six weeks either in person or virtually on Zoom Sessions are 2.5 hours with a break

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