

Living Well Workshops



**Do you want to keep your community healthy and safe?
Host a Living Well Workshop in your community.**

Living Well Workshops promote health self-management and have been proven to improve participants' health status AND reduce care costs. These research-based, tested programs help older adults and their caregivers take control over their health and, improve quality of life. Workshop participants report reduced emergency room and doctor visits and increased participation in social activities due to improved energy levels.

Each of these workshops can be provided at your location.

- ◆ **Healthy Changes for Living with Chronic Conditions¹** – This 6-week workshop teaches individuals how to cope with ongoing health conditions such as arthritis, fibromyalgia, high blood pressure, asthma and more. Participants learn how to work with doctors, manage symptoms, set realistic goals and embrace relaxation techniques and healthy eating.
- ◆ **Healthy Changes for Living with Diabetes²** – This 6-week workshop helps individuals understand symptoms and associated complications of diabetes, the importance of medication adherence and how to control sugar levels. Participants will also learn tips to maintain a healthy weight and techniques to manage anxiety, stress and frustrations.
- ◆ **Powerful Tools for Caregivers³** – This 6-week workshop helps caregivers learn to reduce stress, communicate their needs to family members, make tough caregiving decisions and more.
- ◆ **A Matter of Balance⁴** – This 8-week workshop helps individuals reduce their fear of falling and increases activity among older adults. Participants reduce the number of injuries resulting from falls through practical lifestyle adjustments.

"Research shows these peer-led workshops, offered in group settings, improve quality of life and are more effective. That is why we offer the full range of Living Well workshops. We have really noticed a difference in those who attend; many have improved health, appear more confident and are more engaged in the activities we offer. We love seeing the positive impact these programs have on their lives."

Jessica Gill

Director of Cobb Senior Services

"I was overwhelmed by the stress of long-distance caregiving. I learned about the Powerful Tools For Care Giving workshop just in the nick of time. Those six weeks of classes changed my outlook and approach. The educators were well-informed and compassionate, and the interactive sharing and support of other caregivers helped me regain my equilibrium."

Patrick Ann Clay-Joyner

Workshop participant from Fulton County

For more than 20 years, these **Living Well Workshops** have delivered proven results throughout the country. Each session is:

- ◆ led by two certified lay leaders
- ◆ provides practical and effective training, materials and support
- ◆ accommodates up to 16 individuals
- ◆ 2 -2½ hours long

To schedule your first workshop or for more information and pricing, contact **Lynda Conner** at **404-463-3522** or **lconner@atlantaregional.com**.

Living Well Workshops are coordinated by the Atlanta Regional Commission's Aging & Health Resources Division. As the federally designated Area Agency on Aging, ARC is charged with serving the needs of older adults and planning and advocating for future generations.



Atlanta Regional Commission

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*1 **Healthy Changes for Living with Chronic Conditions** is Stanford University, School of Medicine's evidence-based Chronic Disease Self-Management Program. It was initially launched in 1996.

*2 **Healthy Changes for Living with Diabetes** is Stanford University, School of Medicine's evidence-based Diabetes Self-Management Program. It has been offered extensively throughout the United States since 2008.

*3 **Powerful Tools for Caregivers** is based on the highly successful Chronic Disease Self-Management Program developed by Dr. Kate Lorig and her colleagues at Stanford University. Since the program's inception, Powerful Tools for Caregivers has reached more than 80,000 caregivers.

*4 **A Matter of Balance** is based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University.