



# Living Well in Idaho

Learn to be an **ACTIVE** manager of your chronic illness.

Living with diabetes, heart disease, hypertension, asthma, lung disease, arthritis or other chronic diseases is challenging. People with chronic conditions must deal not only with their disease(s), but also with the impact these have on their lives and emotions. You CAN be successful in managing your health problems, coping with anger, frustration, and fear, and leading an active and fulfilling life.

Living Well in Idaho is a workshop of six consecutive classes held once per week and is designed for people with chronic health problems and their family members.

You will learn tools to:

- (1) deal with problems like frustration, fatigue, pain and isolation
- (2) maintain and improve strength, flexibility and endurance
- (3) manage medications
- (4) communicate with family, friends and health professionals
- (5) be a healthy eater
- (6) evaluate new treatments
- (7) improve decision making, problem solving and planning.

Each participant also receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions*, and an audio relaxation CD, *Time for Healing*.

***Class size is limited, and advance registration is required. Classes are free. Please call Friends in Action to register: 333-1363.***

## Summer 2010 Class Options

<i>Class Location</i>	<i>Class Dates and Times</i>	<i>Call to Register</i>
<b>AARP 3080 E. Gentry Way, Suite 100 Meridian</b>	<b>July 28 through September 1 Wednesdays 9:30 am - noon</b>	<b>208-333-1363</b>
<b>Sage Community Resources 125 E. 50th St. Garden City, ID 83714</b>	<b>July 29 through September 2 Thursdays 9:30 am – noon</b>	<b>208-333-1363</b>

*Many thanks to AARP and Sage Community Resources for their support of the Living Well in Idaho program.*

**Friends in Action is dedicated to sustaining quality of life and independence for elders and their families. Through exceptional volunteers, collaboration and education, we make a difference one friend at a time.**

**1607 W. Jefferson Street Boise, ID 83702 208-333-1363 [www.fiaboise.org](http://www.fiaboise.org)**

Friends in Action is a program of the non-profit Mountain States Group, Inc.