

FAQs

Is this a support group?

Not really, even though participants share experiences and support each other.

It is a workshop where you learn and try new skills, make plans for yourself and generally increase your ability to manage your health.

I'm already involved in a disease specific support group/class, why should I take this workshop?

This workshop can help you get better at managing your health regardless of the condition.

Living Healthy helps you decide for yourself about what successful health changes you are ready to make.

What if I can't attend all of the sessions? Can I pick which ones I want to attend?

We understand that life is busy and you may need to miss a session. However, Living Healthy is a participation style workshop so you will get the most value by attending all of the sessions because activities build on each other.

If two or more sessions are missed, we may ask you to sign up for another workshop and join that group from the beginning.

Join us!

To place your name on the list to hear about upcoming workshops
Call 211 or 1-877-211-8667

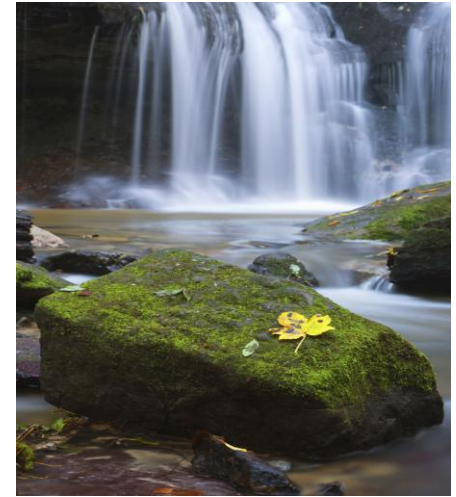
For more information contact:

Sue Olmstead at Human Services
Coalition of Tompkins County
607-273-8686

email: solmstead@hsctc.org

Fee: \$20, \$10 refunded if
Workshop is completed.
Scholarships available.

Living Healthy Tompkins



A Six- week program
for people with an
ongoing health condition

Create an action plan for a
healthier life in 2½ hour
weekly sessions

Human Services Coalition
of Tompkins County

HSC

This Stanford University program was developed to help anyone living with a long-term health condition, such as:

Arthritis
Asthma

Cancer
COPD (chronic obstructive pulmonary disease)

Congestive heart failure

Depression
Diabetes

Fibromyalgia
Heart disease

Obesity
Parkinson's

Anyone living with a long-term health condition is welcome. Feel free to bring a family member, friend, or caregiver.

SESSION 1

- ❖ Using Your Mind to Manage
- ❖ Symptoms and Distraction
- ❖ Getting a Good Night's Sleep
- ❖ Introduction to Action Plans

SESSION 2

- ❖ Dealing with Difficult Emotions
- ❖ Preventing Falls & Improving Balance
- ❖ Introduction to Physical Activity and Exercise
- ❖ Action Plans

SESSION 3

- ❖ Making Decisions
- ❖ Muscle Relaxation
- ❖ Pain and Fatigue Management
- ❖ Endurance Activities
- ❖ Action Plans

SESSION 4

- ❖ Feedback and Problem Solving
- ❖ Healthy Eating
- ❖ Communication Skills
- ❖ Problem Solving
- ❖ Action Plans

SESSION 5

- ❖ Medication Usage
- ❖ Making Informed Treatment Decisions
- ❖ Depression Management
- ❖ Making Healthy Food Choices
- ❖ Action Plans

SESSION 6

- ❖ Feedback and Problem Solving
- ❖ Working with your Health Care Professional and the Health Care System
- ❖ Looking Back and Planning for the Future

Enjoy
Life!

You don't have to stop doing all the things you love to do to enjoy a healthier life!