

MILLS COUNTY PUBLIC HEALTH

PO Box 209, 101 Central St., Ste B11, Glenwood, IA 51534 (712) 527-9699 (712) 527-4711 www.mcph.millscoia.us



Public Health
Prevent. Promote. Protect.

Getting Back to Better *New Workshops Energize People with Ongoing Health Conditions*

Free - Live Healthy, Live Well Workshop begins April 22, 2010, and will take place every Thursday from 9:00 a.m. to 11:30 a.m. for six weeks at the Malvern Senior Center. This workshop provides a great opportunity for Mills County residents to learn new ways to manage their health and improve their quality of life.

For most of her adult life, Doris didn't worry much about her health. Then at 67, she was diagnosed with diabetes and high blood pressure. She tried to follow her doctor's advice to take her medications, exercise, and eat better. But often she was tired and even a little depressed. "I figured it was just part of getting older," she recalls.

Then a friend told Doris about the Live Healthy, Live Well Workshop. Developed at Stanford University, the Workshop has been offered at hundreds of locations throughout the United States. It helps participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, heart disease, anxiety and others to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

"I now have a new sense of being in control," said Doris, "The Workshop has really helped me put life back in my life."

Mills County Public Health is offering these classes throughout Mills County. Taught by specially trained volunteer leaders, some who have health conditions themselves, the program covers a new topic each week and provides opportunities for interaction and group problem solving. "We are really more like coaches," says Ann Pavkov, RN, Mills County Public Health, a leader with this program. "The answer to someone's question is usually in the room" says Anne Smith, LBSW, Mills County Public Health, co-facilitator.

For more information or to enroll in the *Live Healthy, Live Well* workshop, call the Mills County Public Health at 712-527-9699.