

Register today and get on the road to healthier living

Complete and return this registration form to AARTH Ministry: 7728 Rainier Ave S., Seattle, WA 98118; phone: 206-850-2070; fax: 206-760-9434

Registration is Free

First Name: _____

Last Name: _____

Address: _____

City: _____ **Zip** _____

Phone: _____

Email: _____

AARTH will contact you about your specific health concerns and conditions. _____

We look forward to hearing from you!

Workshop Features:

The workshop enhances specific chronic condition patient education programs by offering a variety of skills and coping techniques that are designed to fit the needs of the participants.

The workshop assists individuals living with a variety of chronic conditions, including but not limited to the following:

Asthma	Emphysema
Arthritis	Fibromyalgia
Cancer	Heart Disease
Cardiac Rehabilitation	HIV/AIDS
Chronic Fatigue Syndrome	Lung Disease
COPD	Multiple Sclerosis
Congestive Heart Failure	Obesity
Depression	Parkinson
Diabetes	Stroke

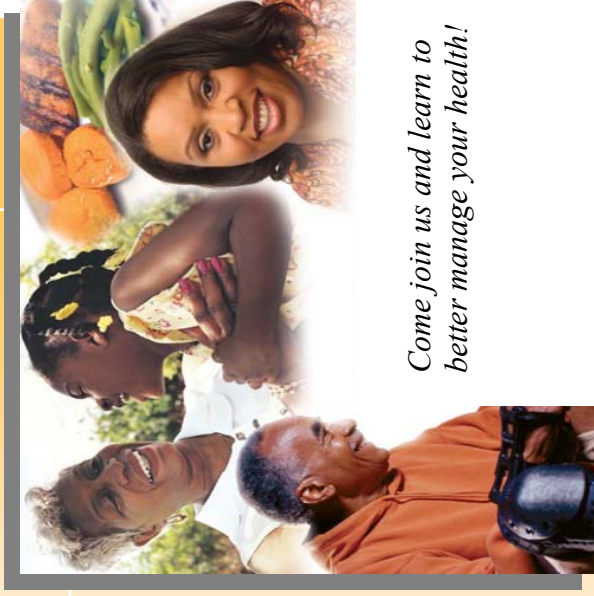
African Americans Reach and Teach Health Ministry

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www.aarth.org

*Support by Washington State Department of Health
Heart Disease & Stroke Prevention Program and Licensed
by Stanford University*

Living Healthier with Chronic Conditions



Come join us and learn to better manage your health!

AARTH

Road to Healthier Living

About the program

The Living Healthier with Chronic Conditions Program is free and presented by AARTH Ministry and licensed by Stanford University. The course is facilitated by two licensed peers educators with chronic condition experience.

This Program includes six peer education sessions. Each session is 2 1/2 hours.

The goals are to:

- Help individuals take day-to-day responsibility for their care.
- Increase skills necessary for individuals to manage their diseases and work effectively with their health care professionals.
- Teach problem-solving, decision-making and coping skills which enable participants to confront the ever-changing challenges of living with a chronic illness.

Who can take part?

Anyone with chronic health conditions is welcome. Feel free to bring a family member or friend.



How will this workshop help me? _____

The workshop helps participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, heart disease, HIV/AIDS, anxiety and other conditions 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

Session Content

Session 1

Differences Between Acute and Chronic Conditions ■ Using Your Mind to Manage Symptoms and Distractions ■ Introduction to Action Plans

Session 2

Dealing with Difficult Emotions ■ Introduction to Physical Activity and Exercise

Session 3

Better Breathing ■ Muscle Relaxation ■ Pain & Fatigue Management ■ Endurance Activities

Session 4

Future Plans for Health Care ■ Healthy Eating ■ Communication Skills ■ Problem Solving

Session 5

Medication Usage ■ Making Informed Treatment Decisions ■ Depression Management ■ Positive Thinking ■ Guided Imagery

Session 6

Working with Your Health Care Professional and Health Care System ■ Looking Back and Planning for the Future