



Family Service Agency
Over the Generations: Four Paths. One Purpose.

Do you feel overwhelmed trying to manage your health?

Take Charge of Your Health: Live Well, Be Well

This free, six-session workshop being given by the Family Service Agency will offer peer support and cover self-management techniques that people can use to cope with their health problems. Format promotes problem-solving and gaining emotional support from peers. Topics include:

- Practical ways to deal with pain and fatigue
- Self-motivation for making better nutrition and exercise choices
- Ideas for improving communication with doctors, family, and friends

Wednesdays from 9:30 a.m. to 12:00 p.m.
February 1, 8, 15, 22, 29 and March 7

Workshops will be held at wheel-chair accessible Family Service Agency, 14 Health Services Drive, DeKalb. The program is open to anyone who is interested in attending including patients, spouses, other family members, friends, and caretakers.

The co-leaders are Paul Legler and Meryl Greer Domina who both face their own chronic health problems. The workshop was developed and found to be effective by Stanford University. It is sponsored by Northwestern Illinois Area Agency on Aging and is made possible by a grant from Illinois Department of Public Health.

To register and for more information or directions,
call the Family Service Agency at 815.758.8616.