

NEWS RELEASE

For immediate release

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ADRC to sponsor “Living Well with Chronic Conditions” program

Appleton, WI (September 26, 2008) – The Aging & Disability Resource Center (ADRC) is holding a “Living Well with Chronic Conditions” program beginning in August and continuing until November. The programs will be offered in New Holstein, Seymour, Menasha, Appleton and Brillion.

This six-week program teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition. Topics include: how to develop a suitable exercise program; management of symptoms, nutrition and medication; breathing exercises and stress management; how to deal with emotions such as anger and depression; problem solving skills and more.

The New Holstein program begins on August 20 and continues every Wednesday until September 24, from 2:30 p.m. to 5:30 p.m. It is being held at the Willowpark Senior Living Community, 1706 Hoover St., New Holstein. The cost of the program is \$20 to cover materials. For more information or to register please contact Angela Meyer or Stephanie Pritzl at 800-236-1989.

The Seymour program begins on September 2 and continues every Tuesday until October 7, from 9 a.m. to 11:30 a.m. It is being held at Good Shepherd Services, LTD–Senior Center, 607 Bronson Rd., Seymour. The cost of the class is \$10 to cover materials. For more information or to register contact Mary Beth Fumelle at 920-833-6856, ext. 117.

The Menasha program begins on September 4 and continues every Thursday until October 9, from 9 a.m. to 11:30 a.m. It is being held at the Menasha Senior Center, 116 Main St. The cost of the program is \$20, which is refundable at completion of the workshop if materials are returned. For more information or to register call 920-729-2760 or 920-232-3017.

The Appleton program begins on October 1 and continues every Wednesday until November 5, from 10 a.m. to 1 p.m. It is being held at Appleton Retirement Community, 200 W. Packard St. The cost of the program is \$20, which is refundable at the completion of workshop if

materials are returned. For more information or to register contact Lori Ploederl at 920-954-9990.

The Brillion program begins on October 21 and continues every Tuesday until November 25, from 9 a.m. to 11:30 a.m. It is being held at Brillion Community Center, 120 Center St. The cost of the program is \$20, and scholarships are available if needed. For more information or to register contact Nancy Krueger at 920-740-9572.

The ADRC is a no-cost, single point of contact for information and assistance to residents of the Calumet, Outagamie and Waupaca Counties. They provide unbiased information about the providers and services in these communities, their availability and costs. Their team of professionals will work with you to find the right fit of options for your individual situation and provide the information you need to make the best decisions.

For more information on the services offered by the ADRC, please visit www.yourADRCresource.org.

Site locations for the ADRC are as follows:

● **Calumet County**

206 Court Street
Chilton, WI 53014
920-849-1451

● **Waupaca County**

811 Harding Street
Waupaca, WI 54981
715-258-6400

● **Outagamie County**

401 S. Elm Street
Appleton, WI 54911
920-832-5178

● All locations can be reached toll-free by calling 1-866-739-2372. Persons with hearing or speech disabilities may call Wisconsin Relay Text Telephone (TTY) 7-1-1 to receive ADRC services.

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