

# NEWS RELEASE

## **For Immediate Release**

For more information, contact:

MaryBeth Matzek at Willems Marketing at 920-831-6580 ext. 26;  
marybeth@willemsmarketing.com

## **Workshops help those living with chronic conditions**

APPLETON (Jan. 16, 2008) — A workshop that helps people with chronic conditions such as asthma, arthritis, heart disease, high blood pressure or a similar ailment is being offered on a continual basis by the Aging & Disability Resource Center (ADRC) branches in Calumet, Outagamie and Waupaca counties.

The Living Well with Chronic Conditions Workshop is designed to help people with chronic diseases live their lives to the fullest. Some of the skills learned in the workshop include dealing with the illness, continuing your normal life and handling your emotions, said Nancy Krueger, health and wellness coordinator for the ADRC.

“A chronic condition such as diabetes or emphysema is one that many people must learn to live with for many years,” she said. “The workshop helps you learn how to manage your symptoms so you can get the most out of your life.”

The workshop meets for 2½ hours weekly for six weeks. The class is led by two trained facilitators and much of the learning comes from sharing and helping others with similar challenges, Krueger said. Some of the topics covered include managing symptoms, communicating with your doctor, fighting frustration and fatigue and making daily tasks easier.

Since the program began this fall, 18 people have gone through it. Two classes are planned to begin in the coming weeks – one at Trinity Lutheran Church in New London and one at Linwood Place, 425 N. Linwood Ave., Appleton. Classes are continually added so please call the ADRC toll-free at 1-866-739-2372 for more information.

The Living Well with Chronic Conditions Workshop is for individuals with a chronic condition. A friend, relative or caregiver is welcome to attend the course along with the person with the condition since they will benefit from the problem-solving skills taught during the workshop, Krueger said.

The workshop costs \$10 and includes a textbook and other materials.

The ADRC opened in July 2006 and is designed to be a no-cost, single point of contact for senior citizens and individuals with disabilities in Calumet, Outagamie and Waupaca counties looking for assistance. For more information on the Living Well with Chronic Conditions and other services offered by the ADRC, please visit [www.yourADRCresource.org](http://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.**

#####