

NEWS RELEASE

For Immediate Release

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ADRC hosting training for “Living Well with Chronic Conditions” workshop

APPLETON (April 17, 2008) -- The Aging & Disability Resource Center (ADRC) branches in Calumet, Outagamie and Waupaca counties are offering a leader training program for its “Living Well with Chronic Conditions: A Self-Management Workshop” at the University of Wisconsin-Fox Valley on June 5-6 and June 12-13.

The program will run each day from 8:30 a.m. to 4 p.m. and is free. Participants, however, are expected to co-facilitate at least one “Living Well with Chronic Conditions” workshop within the next year.

To sign up for the program, applicants must complete a leader training form. Registration is limited to the first 20 participants.

For more information or to receive an application, please contact Nancy Krueger, health and wellness coordinator for the ADRC, at 920-740-9572 or via e-mail at nkrueger@vpind.com.

“Living Well with Chronic Conditions” is a workshop given for 2½ hours once a week for six weeks and provides information to people suffering from chronic health conditions to help them live fuller lives.

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 disability benefit specialist program and other 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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