

Living A Healthy Life With Chronic Conditions

By Greg Tanner

Hoosier Uplands-Area 15 Agency on Aging is pleased to offer a new program "Living A Healthy Life With Chronic Conditions".

Living a Healthy Life With Chronic Conditions program looked at the question of how can one have an illness and live a healthy life at the same time. The Program has studied the on-going health issues of individuals like heart disease, diabetes, liver disease, emphysema and a host of others, and has noted these health issues have caused most people to lose physical conditioning, experience fatigue, emotional distress and even a sense of helplessness.

Living a Healthy Life With Chronic Conditions will offer tips and ideas to make life easier.

Classes will begin soon! There is no fee to attend. If you are interested in attending, please call Hoosier Uplands at 812-849-4457 or toll free 800-333-2451 and ask for Trudy or Greg. There is a minimum of 10 persons needed for each class.