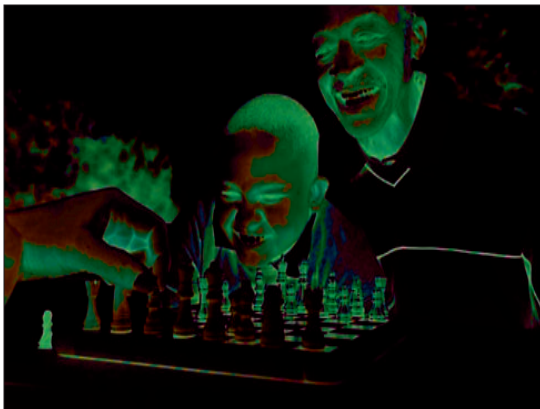


To make KOHP a part of your life:

- ▶ Begins Friday, Feb. 7, 2014
- ▶ From 9-11:30 a.m.
- ▶ Continues for six Fridays
- ▶ At Neighbor to Neighbor,
103 E. Sixth St. Concordia
- ▶ Workshop is limited to 20 individuals
with a chronic condition
- ▶ **Registration is required before
Jan. 24**
- ▶ All adult ages are welcome
- ▶ Caregivers & friends are encouraged
to attend
- ▶ Cost: \$15, covers all materials and your
own copy of "Living a Healthy Life"



Our next six-week
workshop begins

FRIDAY, FEB. 7

at Neighbor to Neighbor
103 E. Sixth St.
in Concordia

*For information
or to sign up now,*

call 785/262-4215

or email
neighbortoneighbor@
csjkansas.org

*Sisters of St. Joseph
of Concordia, Kansas*

... loving God and neighbor without distinction ...



KOHP

Kansans
Optimizing Health
Program

Put LIFE Back in Your Life!



AD ASTRA PER ASPERA
Kansas
Department on Aging



What is KOHP?

KOHP is a highly interactive program where people with various chronic conditions come together to learn and practice new skills over a six-week period to manage their chronic condition.

Participants meet once a week for 2½ hours to discuss and problem-solve a variety of topics relevant to coping with chronic conditions.

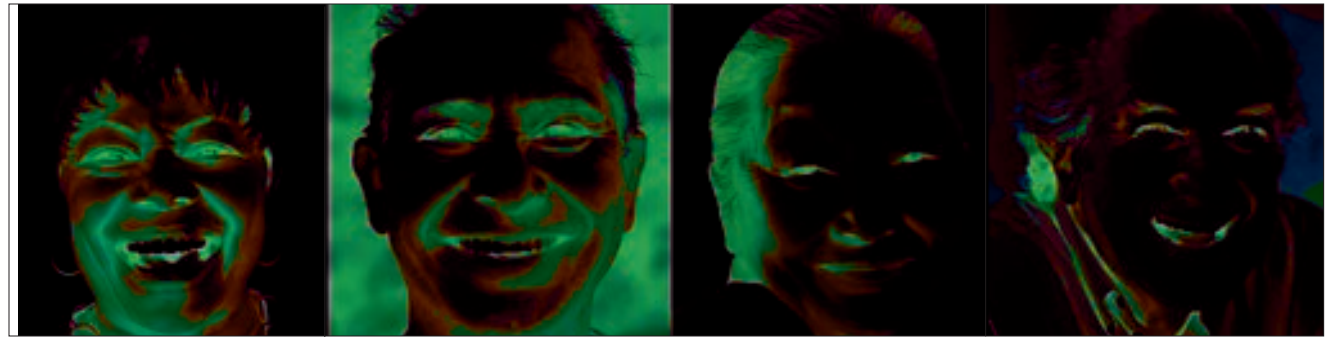


The topics discussed include but are not limited to:

- ▶ Learning how to safely become more physically active
- ▶ Learning how to make healthy food choices
- ▶ Learning how to communicate with family, friends

and your health care team

- ▶ Learning how to set and achieve weekly action plans
- ▶ Learning how to identify and solve problems caused by having a chronic condition



The discussion is led by two trained leaders who guide the participants through four to six topics each week.

Participants are encouraged to share their successes in dealing with a variety of topics so they can learn from each other and build their confidence in dealing with their chronic condition.

Participants do not learn the medical aspects of a disease but rather how to manage the emotional, physical and social challenges of having a chronic condition.

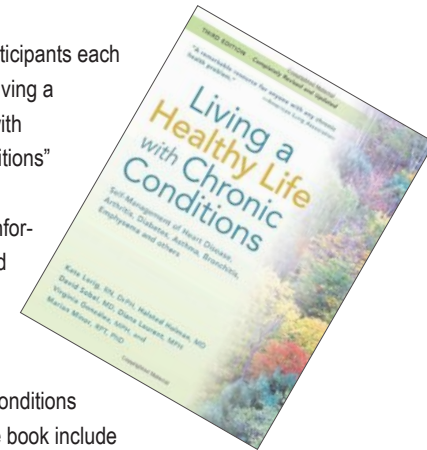
Family members and/or friends of participants are encouraged to attend the workshop to increase their understanding of the challenges of living with a chronic condition on a daily basis.



Living a healthy life with chronic conditions

The workshops are appropriate and beneficial for anyone dealing with an ongoing chronic health condition, as well as family members or caregivers.

Workshop participants each receive the “Living a Healthy Life with Chronic Conditions” book that is a resource for information beyond the workshop topics.



The primary conditions covered in the book include (but are not limited to) arthritis, diabetes, heart disease and lung disease.

OFFERED IN COOPERATION WITH



Kansas State University is committed to making its services, activities and programs accessible to all participants.

If you have special requirements due to a physical, vision or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.