

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Health Department offering ‘Tools for Better Health’ workshops for residents with chronic illnesses

(Lawrence, KS) – The Lawrence-Douglas County Health Department is offering a new seven-week workshop called “Tools For Better Health.” The workshop helps residents who have chronic illnesses manage their health and get back to living a more fulfilling lifestyle.

One in four U.S. adults have two or more chronic diseases such as diabetes, arthritis, high blood pressure, heart disease, chronic pain and depression. Sixty-one percent of these adults regularly take prescription drugs and 25 percent take four or more. “Chronic disease is a long-lasting condition that can be controlled, but not cured,” Director of Clinic Services Kim Ens said.

The workshop is free and consists of weekly 2 1/2-hour meetings for seven weeks. Trained community leaders teach the workshops, and at least one of them has been diagnosed with a chronic condition. To enroll, visit the Lawrence Parks and Recreation Department’s website at lawrenceks.org/lprd or call 785-832-7920. The first classes are scheduled for:

- **Tuesdays**, Sept. 22-Nov. 3, 3 p.m. to 5:30 p.m., Lawrence Public Library, 707 Vermont St., Room C.
- **Thursdays**, Oct. 8-Nov. 19, 6 p.m. to 8:30 p.m., Holcom Recreation Center, 2700 W. 27th St., South Bly Room.

Workshop topics include: techniques to deal with problems such as isolation, frustration and pain; exercise; nutrition; appropriate use of medications; communicating effectively with family and doctors; decision-making; and how to evaluate new treatments. Classes are interactive and include goal setting.

For more information, visit the Health Department’s website at ldchealth.org/TFBH.

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