



Coping: A Journey to Living Well
A six-week program to improve overall health



St. Rose of Lima
11701 Clopper Road
Gaithersburg, MD 20878

Fridays: January 13, 2012 – February 17, 2012
Time: 10:00 am - 12:30 pm

Join this free six-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition may require you to alter your activities. Discover new ways to break the "symptom cycle." Living well means COPING with an ongoing health problem such as:

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|---------------------|-----------------|---------|--------------|
| Parkinson's disease | heart disease | asthma | cancer |
| arthritis | mild depression | obesity | osteoporosis |

Anyone living with a long-term health condition is welcome to attend this workshop. Family members, friends and caregivers are also welcome. Classes are 2.5-hours, once a week for six weeks.

Class Objectives:

- Learn tips on how to be your own healthcare advocate
- Gain a sense of greater self-control over your personal quality of life
- Identify strategies for coping with a long-term health issue
- Build confidence in establishing supportive relationships
- Improve management of symptoms of your chronic health condition(s)

About the Program

The curriculum for this program is evidence-based and was developed by Stanford University with support from Kaiser Permanente. The Community Health Education Department and Faith Community Nurse Program of Holy Cross Hospital are sponsors. Registration for the class is free of charge.

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Registration Form: Coping: A Journey to Living Well **Start Date:** January 13, 2012 at 10:00 am

Name: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Phone #: _____

Please mail or drop off your registration form to:

Gina Peltier
 Parish Health Ministry
 St. Rose of Lima
 11701 Clopper Road
 Gaithersburg, MD 20878

For Questions: Please contact Gina Peltier at 301-947-1163

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