

Register Today!

Please register early as workshops may be cancelled if a minimum number of persons do not pre-register. Plan to commit to attending all six sessions.

PLEASE
AFFIX
STAMP
HERE

Name _____

Phone _____

Address _____

City/State/Zip _____

eMail _____

To register, please complete and return this form to:

CICOA Aging & In-Home Solutions
Better Choices, Better Health
4755 Kingsway Dr., Ste. 200
Indianapolis, IN 46205

For more information, call: 317-803-6226
Or email: betterchoices@cicoa.org

YOUR COST FOR ALL SIX SESSIONS:
\$10.00 Per Person

Fee will be collected at the first session.

CICOA Aging & In-Home Solutions
4755 Kingsway Dr., Ste. 200
Indianapolis, IN 46205

www.CICOA.org



Put Life Back In Your Life!

BETTER CHOICES, Better Health WORKSHOP



Better Choices, Better Health is a six-week, evidence-based workshop that empowers people with chronic health conditions to better manage day-to-day activities.

- Find practical ways to deal with pain, stress and fatigue
- Discover better nutrition and exercise choices
- Improve your quality of sleep
- Reduce the likelihood of falls
- Learn better ways to talk with doctors and family about health
- Receive needed support
- Set goals, develop plans and track your progress

Adults of any age can benefit from the skills taught in this workshop. Friends, caregivers or relatives of those with chronic conditions are also invited!



CICOA
Aging & In-Home Solutions

www.CICOA.org

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About CICOA

As the state's largest Area Agency on Aging, CICOA's mission is to empower older adults, those of any age with a disability and family caregivers to achieve the greatest possible independence, dignity and quality of life. We do this by connecting our clients with community-based resources and services to help them remain comfortably and safely at home and out of institutional care. Through a network of agencies, service groups and volunteers, CICOA provides home care services, home-delivered and neighborhood meals, transportation, home health care, long-term care options counseling, home modifications, respite care and caregiver assistance.

4755 Kingsway Drive, Suite 200
Indianapolis, IN 46205-1572
(317) 254-5465 • Fax (317) 254-5494
(800) 489-9550

What are chronic health conditions?

A chronic condition is defined as a health condition or disease that persists for at least three months or more, such as but not limited to:

- Chronic pain
- Chronic heart, lung and muscular issues
- Depression/anxiety
- Diabetes

How does Better Choices, Better Health work?

Developed by Stanford University School of Medicine and offered in Central Indiana by CICOA Aging & In-Home Solutions, *Better Choices, Better Health* is a small group, highly interactive workshop.

- Class Zero is a one-hour, introductory session providing an overview of the workshop and completion of registration information
- The workshop entails six sessions, held once a week for six weeks
- Sessions are 2.5 hours each, led by two trained Lay Leaders who also have chronic conditions
- Participant resource books and relaxation CDs are distributed
- Completers receive a certificate and graduation celebration
- Total workshop cost is \$10 per person, or based on a sliding fee scale



Better Choices,
Better Health is designed
to help people gain
self-confidence in their
ability to control their
symptoms and how their
health problems affect
their lives.*

*NCOA.org