

## ***Siouxland Aging Services to host Better Choices/Better Health Workshops at First United Methodist Church in Ida Grove***

Siouxland Aging Services announces upcoming Better Choices/Better Health workshops that will be held at First United Methodist Church in Ida Grove, beginning on November 4<sup>th</sup>. If you have a long term health condition or provide care for someone who has a chronic condition this workshop will be of interest to you. There are many ongoing health conditions but we have found regardless of the chronic disease the same tools taught in this workshop can help everyone. The following topics are an example of what will be covered in the workshop:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life

The next Better Choices/Better Health workshop is scheduled for November 4, 2010 – December 16, 2010 from 12:30 to 2:30pm, meeting in the fellowship hall. The class will be held at the First United Methodist Church, 312 Main Street, Ida Grove, IA. This workshop is free and open to the public. Please feel free to stop by and join the workshop or call Barb Dinelli at Siouxland Aging Services, 800-798-6916 ext 18.