

Living A Healthy Life Workshops

This program was developed by Stanford University as a way to enable participants to build the self-confidence to assume a major role in maintaining their health and managing their chronic health conditions.



Techniques for dealing with symptoms include:

- Pain & Fatigue Management
- Relaxation
- Distraction
- Medication Usage
- Problem Solving
- Effective Communication
- and more

➤ **6 sessions** (1x/wk for 6 wks)
Beneficial for those with chronic conditions, their family members and friends, or caregivers.

Health Education Philosophy

Staying positive and focused:

- Each session or class builds on those previous so please try to come to each one as much as possible.
- We learn from, and help each other.
- We continue to develop our listening skills.
- We do not talk in terms of failure or guilt when discussing our weekly goals - we always look for our accomplishments.

If you would like to try a new way of dealing with your chronic health conditions or concerns about falling, please contact us regarding these two programs.

You will come away with important information and tools that will help you on your continued path to better health.



Matter of Balance Workshops

This program was developed by Boston University as a way to help people suffering from all forms of arthritis learn to prevent falls. It is good for those not suffering from arthritis as well.



Fall prevention topics include:

- Facts about falls
- Evaluating concerns about falling
- Exercising & fall prevention
- Improving balance
- Recognizing fall hazards
- and more

Fall prevention strategies and suggested changes in daily life are offered that can help reduce the fear of falling.

➤ **8 sessions** (1x/wk for 8 wks)
Beneficial for people who have fallen, have a fear of falling, or who want to learn to manage concerns about falling.

Making Each Day A Better Day

REAL Services Health Education includes the Living a Healthy Life with Chronic Conditions and Matter of Balance workshops.

These programs provide wonderful opportunities to learn techniques which will help you live your life in a healthier way.

Conditions covered by these programs include:

- Diabetes
- Stroke
- Heart Disease
- Arthritis
- Asthma
- Migraine Headaches
- and many others



Do you enjoy volunteering?
Is health education important to you?
If so, please call 574-284-7138

About Us

The ultimate objective of REAL Services is to assist in establishing a community in which those we serve can maintain their independence to the maximum degree possible and find meaning and satisfaction throughout their lives.

Main Office

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Business Hours

Monday - Friday
8 am - 4:30 pm EDT

Serving Elkhart, Kosciusko, LaPorte,
Marshall, and St. Joseph counties



www.REALservices.org

REAL Services, believing in the dignity of all people, will provide services without regard to race, age, color, religion, sex, disability, national origin, ancestry, or status as a veteran.



Health Education Programs



DIGNITY • INDEPENDENCE • STRENGTH