

FOR MORE INFORMATION, CONTACT:

Sarah Gualco

Health & Wellness Coordinator

239-652-6914

[Sarah.gualco@aaaswfl.org](mailto:Sarah.gualco@aaaswfl.org)

**FOR IMMEDIATE RELEASE**

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**A Commitment to Better Health**

**is Just a Phone Call Away!**

***Join a FREE Workshop to Manage Your Chronic Condition TODAY***

*Register to attend this evidence-based, conference-call workshop*

*with the Area Agency on Aging for SWFL*

**Southwest, FL (February 16, 2022)—** According to the National Council on Aging, 80% of adults 65 and older have at least one chronic condition. Chronic diseases disproportionately impact older adults, with reports from the last two decades of chronic diseases as the leading cause of death among adults 65 and older. A chronic condition does not have to define you, take control of your life with the Better Health with Chronic Conditions program.

Starting in March, the Area Agency on Aging for SWFL (AAASWFL), will offer a free, six-week, Better Health with Chronic Conditions Workshop. Participants are able to join by phone from the comfort of their home! This workshop series begins March 17th and continues to April 21st, every Thursday from 1 pm to 2pm.

Learning how to self-manage your chronic condition allows you to live life to the fullest, to improve quality of life, and to reduce symptoms. Better Health with Chronic Conditions is an evidence-based program designed to help older adults and adults with disabilities to make a step-by-step plan for improving their health and their lives. Research has found that people who complete this program feel healthier and have a better quality of life. They report fewer sick days and increase their ability to manage symptoms like pain, stress, breathing problems, and sleep issues. Participants also develop a network of support of others who live with ongoing health conditions. Participants of the Program share how the workshop has influenced them:

*“The workshop went beyond my expectations. I have been able to effectively use the tools and skills to address my issues. I have incorporated everything I learned into my own life*.” - Linda D.

*“The workshop provides a lot of valuable information. The virtual platform is very convenient, especially for rural communities. I refer back to the workshop workbook very frequently.”* - Jo R.

**Space is limited and advance registration is required**. To participate, you must reside in Charlotte, Collier, DeSoto, Glades, Hendry, or Sarasota County. To register, contact Sarah Gualco, AAASWFL’s Health & Wellness Coordinator at [sarah.gualco@aaaswfl.org](mailto:sarah.gualco@aaaswfl.org) or by calling 239-652-6914.

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**Helpline:** 1-866-413-5337

Charlotte I Collier I DeSoto I Glades I Hendry I Lee I Sarasota

2830 Winkler Ave. Suite 112, Fort Myers, FL 33916 I Office 239.652.6900 I Fax: 239.652.6991 I www .A AASWFL.org