

## Free online class currently available for individuals with ongoing health conditions



### Better Choices, Better Health

Adults in Colorado with ongoing health conditions are invited to enroll in a nationally recognized online workshop called Better Choices Better Health, which is designed to support participants in taking charge of their health. The six-week workshop is being offered at no cost for 50 people on a first-come, first-served basis through Feb. 25.

Stanford University developed the Internet-based workshop to provide participants tools and resources for managing nearly any long-term health condition, including diabetes; arthritis; high blood pressure; multiple sclerosis; HIV/AIDS; autoimmune disorders; bipolar disorder; depression; chronic pain; early stage dementia; and diseases of the heart, lung, blood and liver.

Through the workshop, participants can:

- Learn ways to deal with pain, fatigue and stress,
- Improve communication with doctors and family members,
- Make better nutrition and exercise choices,
- Communicate with other online participants to give and receive suggestions and support, and
- Make step-by-step “action plans” to reach their goals.

According to Stanford University, a statistically significant number of participants say the workshop has helped them feel better and have more confidence about managing their symptoms.

As one participant said, “Hearing stories of others in the workshop helped me the most. It was so nice to know that if I was feeling stressed, I could go to the bulletin boards and find people who could give me an encouraging word.”

To be eligible for a free class, applicants must consider themselves to be limited in some way because of their condition, which is one of the qualifying questions on the enrollment form.

For more information and to enroll, go to the link below. Enrollees will be contacted for the next available class.

<https://shared.selfmanage.org/shared/colorado>

*(If the page does not display properly initially, click the “refresh” symbol at the top of the page.)*

Anyone with questions can contact Connie Young, Colorado Department of Human Services, Division of Aging and Adult Services at: [connie.young@state.co.us](mailto:connie.young@state.co.us) .