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**NEWS RELEASE
CALENDAR LISTING**

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Take Charge of Your Health Program to be Offered

La Grange, Illinois—Aging Care Connections, La Grange, will offer the *Take Charge of Your Health* program for people managing chronic illnesses such as diabetes, high blood pressure, high cholesterol, depression and chronic pain. The program will be held on Mondays beginning July 16 through August 20 from 2 pm - 4:30 pm at the Park District of La Grange, 536 East Avenue, La Grange. The program is free, but registration is required. Please call 708-354-1323 to register.

The *Take Charge of Your Health* program, a series of six sessions taught by two trained class leaders, is based on the “Chronic Disease Self-Management Program,” created by Stanford University. Research has demonstrated the effectiveness of the program in improving the health outcomes of participants over time. The topics covered in the series are: coping with fatigue; frustration, pain and isolation that may be related to ongoing health conditions; exercising to maintain and improve strength, flexibility and

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endurance; using medications; communicating with family, friends and health professionals; practicing good nutrition; and evaluating new treatment options.

This program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health and is co-sponsored by AgeOptions, the Area Agency on Aging of Suburban Cook County.

Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving 22 communities in Lyons, Riverside and South Proviso Townships and an additional ten communities in Leyden and Norwood Park Townships for elder abuse investigation, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. To learn more, visit www.agingcareconnections.org.