News Release
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Better Choices Better Health Workshop series for seniors begins Nov. 17 and Nov. 18

The Better Choices Better Health six-week series starts Nov. 17 and 18, 2020, and will be held via telephone conference call.

Days and times are as follows for the six-week series:

- Tuesdays at 9:30 a.m. to 10:30 a.m.; and
- Wednesdays at 9:30 a.m. to 10:30 a.m.

To gain maximum benefit, participants should plan to attend all six sessions.

The cost of the workshop is free for seniors 60 years or older, and it includes a companion book and a relaxation CD/audio tape, exercise CD, tip sheets and self-test.

If space is available, others will be able to attend the workshop for a $40 fee.

Pre-registration is required and is limited to four participants.

Among the topics that will be covered are:

- Appropriate exercise for maintaining and improving strength and endurance;
- Healthy eating;
- Appropriate use of medication;
- How to work more effectively with health care providers; and
- Dealing with emotions and depression
Participants will make weekly action plans, share their experiences, and help each other solve the problems they encounter.

Developed by Stanford University Center for Research in Patient Education, the program is designed to provide support and build confidence in the participants' ability to manage their chronic health conditions while maintaining active and fulfilling lives.

To register or to request materials in an alternate format or an auxiliary aid, please contact Johnny Yago at 241-4470 or jyago@kauai.gov at least three business days before the start of the workshop.

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