

FOR IMMEDIATE RELEASE:

April 2, 2015

Living Well With Chronic Conditions
FREE Workshop helps "Put Life Back in Your Life"

Madelia, Minn. – Are you an adult with an ongoing health condition or caring for someone with an ongoing health condition? Consider attending the *Living Well with Chronic Conditions* workshop offered by the Madelia Community Hospital & Clinic. The free workshop is being held at the Lake Crystal Area Recreation Center (LCARC) and consists of six class sessions on Tuesdays from 9 to 11:30 a.m. starting April 21st, and ending May 26th.

The program was created to help participants with ongoing health conditions such as arthritis, asthma, multiple sclerosis, cancer, depression, diabetes, fibromyalgia, high blood pressure, anxiety, heart disease, and more. It is free of charge to participants due to support from the Minnesota River Area Agency on Aging and the Madelia Community Hospital Foundation.

A new topic is covered each week, and opportunities are provided for interaction and group problem solving. "The answer to someone's question is usually in the room. We are really more like coaches," said Teresa Lange, LPN, one of the specially trained program leaders from Madelia Community Hospital & Clinic.

In this workshop participants will find information and practical skills for:

- Managing pain and fatigue
- Eating healthy
- Getting appropriate physical activity to help improve and maintain strength and energy
- Making informed treatment choices
- Talking with doctors and family about health concerns.

Most importantly, participants will gain confidence, motivation, and find practical solutions to manage the challenges of their condition.

The *Living Well with Chronic Conditions* workshops were developed at Stanford University, and have been offered at hundreds of locations throughout the United States. For more information or to register, call the Madelia Community Hospital & Clinic Physical Therapy Department at 507-642-5211. Space in the program is limited, so please call to register.

###

About Madelia Community Hospital & Clinic

Madelia Community Hospital & Clinic is a private, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as

medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic that provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.