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NEWS RELEASE

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FREE WORKSHOP FOR THOSE WITH DIABETES IN THE FRANKLIN COUNTY AND SURROUNDING AREAS

Six-Week Workshop Series Promotes Effective Disease Self-Management to Change Lives

OTTAWA, Kan. – The Franklin County Health Department will offer a free workshop series for people living with diabetes and their caregivers. The six-week workshop series helps people gain self-confidence in controlling their symptoms, better manage their health and lead a fuller life.

The workshops are highly interactive and promote the development of skills necessary to lead a healthy life with diabetes. The workshop series is designed to complement medical treatments and education provided by healthcare providers. People living with physical and mental chronic conditions and their caregivers who attend the workshop series will receive a free copy of the book, *Living a Healthy Life With Chronic Conditions*.

“The self-management workshops are a great opportunity for individuals with diabetes and their caregivers to learn skills that can change lives,” says Erin Laurie, workshop leader. “The workshop series was developed by Stanford University and is being utilized around the world to improve self-management skills for those with diabetes. We are very excited to partner with the Kansas Department of Health and Environment and Kansas Foundation for Medical Care to bring these workshops to our community.”

An informational meeting will be held on January 22, from 6 – 7 p.m. at the Franklin County Health Department at 1418 S. Main, Suite 1, Ottawa. The informational meeting is an opportunity for interested participants to learn more about the program and register for the workshop series. The workshop series will begin January 29 from 6 – 8:30 pm and continue for the next 5 weeks on Tuesday evenings ending March 5.

Due to the interactive nature of the workshop series, space is limited for all locations. Individuals and caregivers interested in attending should pre-register by contacting Erin Laurie at 785-229-3536.

The workshop series is made possible through partnership with Kansas Self-Management Education. For more information, visit selfmanagekans.org ##