 INSERT LOGO HERE

Date:

FOR IMMEDIATE RELEASE

Agency Name

Contact:

Phone:

[email](mailto:kfornear@ardc.org)

**Living Well with Chronic Conditions Workshops Announced**

(Duluth, MN) The [Name of Agency] is sponsoring the workshop, Living Well with Chronic Conditions, a six-week workshop that guides people in exploring healthy ways to live and maintain an active lifestyle while managing the symptoms of chronic conditions such as diabetes, arthritis, cancer and heart disease. People leave the workshops with increased confidence to manage symptoms, and a plan to maintain an active lifestyle.

Trained leaders guide participants in finding practical ways to deal with their conditions. These evidence based workshops use a standardized, proven methodology to help people develop goals for improved nutrition and exercise, a better understanding of treatment options and improved communications with family and doctors about their health plans.

Workshop locations and dates:

[ ]

A suggested contribution per session is $5 or based on a sliding fee scale. Space is limited to 12 participants per workshop. To register, or for more information, contact [agency contact name, phone and email]

[SAMPLE AGENCY DESCRIPTION—INSERT YOURS HERE]

Promoting healthy activities for older adults and family caregivers is an important role of the Arrowhead Area Agency on Aging (AAAA). It is the designated area agency on aging in Northeast Minnesota covering seven counties in the Arrowhead region. Area agencies were established under the Older Americans Act to respond to the needs of Americans aged 60 and over in every state. They are designated by the Minnesota [Board on Aging](http://www.mnaging.org/) to provide fund administration, community planning/service development and information and assistance.

The AAAA is part of the Arrowhead Regional Development Commission, a regional planning and development agency serving Aitkin, Carlton, Cook, Itasca, Koochiching, Lake and St. Louis counties in Northeast Minnesota. They provide government and citizen groups ways to cooperatively work to identify needs, solve problems and foster local leadership.

**Arrowhead Area Agency on Aging | 218-529-7531 | Arrowheadaging.org**

[date] NEWS RELEASE

FOR IMMEDIATE RELEASE

Contact:

Phone:

Email:

**LIVING WELL WITH DIABETES VOLUNTEERS NEEDED**

(Duluth, MN) The [Agency Name] is seeking volunteers to become coaches in Stanford’s Living Well with Diabetes Program. Coaches will receive 16 hours of in-person training in order to facilitate groups of people with diabetes in their own community. The Diabetes Self-Management workshop is given 2½ hours once a week for six weeks, in community settings such as churches, community centers, libraries, and hospitals.

People with type 2 diabetes attend the workshop in groups of 12-16. Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves.

Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

If you are interested in becoming a Living Well with Diabetes coach, please contact [contact person]

Volunteering with the [Agency Name ]can provide volunteers an opportunity to learn new skills, make a difference in someone’s life, gain a sense of achievement, find creative ways to put talents to work, and be a community leader.

[SAMPLE AGENCY DESCRIPTION—INSERT YOURS HERE]

Promoting health for older adults and family caregivers are important functions of the Arrowhead Area Agency on Aging. The Arrowhead Area Agency on Aging is a part of the Arrowhead Regional Development Commission.

The Arrowhead Regional Development Commission is a regional comprehensive planning and development agency serving the counties of Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis in Northeast Minnesota. ARDC’s mission is to serve the people of the Arrowhead Region by providing local units of government and citizen groups a means to work cooperatively in identifying needs, solving problems and fostering local leadership.

**Arrowhead Area Agency on Aging | 218-529-7531 | Arrowheadaging.org**