K-State Research and Extension invites you to participate in a chronic disease self-management program called Kansans Optimizing Health Program (KOHP).

You may be interested in attending this program if you or someone you are close to has an ongoing health concern, such as:

- Arthritis
- Cancer
- Diabetes
- Fibromyalgia
- Heart disease
- High blood pressure
- Lung disease
- Obesity
- Stroke

This program was developed at Stanford University. Research studies have shown that the program is effective in helping people manage their health and control chronic disease symptoms.

**How long is the program?**
The program consists of six classes, which meet once a week for six weeks. Each class lasts about two and a half hours, and is led by two trained leaders.

**Who attends?**
You will attend class with other people with ongoing health issues, family members and caregivers.

**What will I learn?**
**In the program, you will learn how to:**
- Deal with problems such as frustration, fatigue, pain, and isolation.
- Maintain and improve strength, flexibility, and endurance through exercise.
- Use medications appropriately.
- Communicate effectively with family, friends, and health professionals.
- Include a healthy diet as part of your day.
- Work in partnership with your health-care team.

**What will I do?**
You will be a part of discussions and activities throughout the entire six weeks. You will develop confidence in your ability to manage your chronic disease symptoms through mutual support and hearing about the successes of others. This will help you take steps toward an active and fulfilling life.

**Is this a support group?**
No, although participants share experiences and support each other. You will learn and try new skills, and develop ways to better manage your personal health.

**What if I can’t attend all of the sessions?**
Life is busy and you may need to miss a session. However, because the activities from each session build on each other, you will receive the most value out of this program by attending all of the sessions.

**What do others say about the program?**
“Participating in KOHP changed my life.”
This course is a must for anyone who lives with a chronic condition or is aging. In the class, the participants learn and help each other.

I learned how to recognize and manage my frustration, depression and fatigue. I learned how to handle the problems caused by my chronic conditions.

I took the training and am teaching the class so others can learn how to take care of their health problems.

I am now in control of my life instead of it controlling me.

*Donita Cohorst*

For more information contact:

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