Kansans Optimizing Health Program
For people with ongoing health issues, their family members and caregivers. 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.

For more information contact: (County specific information here)

www.aging.ksu.edu