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## **NEWS RELEASE**

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### **Free Classes to Benefit Individuals with Chronic Health Conditions or Disabilities**

Mesa County, CO---Workshops are now being offered by Community Hospital to help individuals take action to improve symptoms of their health problems or disabilities.

There are two categories of eligible individuals: people age 60 and older who have a chronic health condition as well as adults age 18 and older who have a disability. Examples of chronic health conditions include diabetes, high blood pressure, congestive heart disease, multiple sclerosis, arthritis, chronic obstructive pulmonary disease (COPD), disabilities and others.

Upcoming classes are available in Grand Junction starting February 10th and ending March 16th. Classes are every Wednesday for six weeks from 10:00am to 12:30pm at the Grand Valley Wellness Center - 605B 28 ¼ Rd.

The workshops are held once a week for six weeks and are led by two trainers, at least one of whom has a health challenge and has participated in a previous workshop. Participants learn tips and tools to help them manage and improve symptoms such as pain, fatigue, stress, shortness of breath and sleep difficulties.

Participants will learn how to set goals and create action plans that include nutrition and physical activity. Graduates of this workshop will feel better, exercise more, and communicate effectively about their health.

The workshops are funded by the Colorado Department of Human Services through a federal grant from the Administration on Aging.

**For more information or to register for a class, please call Gussie Nishi at 263-2642 or email [anishi@gjhosp.org](mailto:anishi@gjhosp.org).**

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