

LIVING, CARING, SHARING GROUP

Location: Sherwood Public Library

Date: Third Tuesday of the month

Time: 1:00 to 4:00 p.m.

On behalf of the group, we would like to extend an invitation to all the people who have completed the "Take Charge" course and are interested in continuing to improve on their constant struggles with self-management. We will continue to support one another with Living, Caring and Sharing.

HISTORY

The *Living, Caring, Sharing* group was created in March 2011 by a core group of about 8 classmates who took part in the "Take Charge: Chronic Disease Self-Management Workshop". Near the end of the workshop, these members agreed that they had benefitted greatly from the course and decided that they did not want this experience to end. They were afraid after completing the course that they may fall back into their "old" ways and habits that they had developed prior to the course. This group wanted to continue to meet and share their experiences in order to help each other with their constant, daily struggles.

LIVING

As a consequence of living constant, daily struggles with chronic illnesses, members can interact with other members who suffer from problems related to their own illness.

CARING

Members can develop friends and a rapport with each other that cannot always be achieved with family and friends. While understanding and supporting one another, they can show that they genuinely care about life's challenges.

SHARING

Members share information, remedies, past and current experiences related to health issues. Although the illnesses vary from person to person, they are all treated as chronic ie. diabetes, depression, neuropathy, heart and kidney issues, cancer, arthritis and many others. Sharing helps to battle the symptoms and make life more manageable.

For further information please email Charlene at lmcharlie@hotmail.com