



## Living Healthy Participant Testimonials

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I really enjoyed the six weeks I spent learning how to handle some of the challenges I have in dealing with several medical problems. It has empowered me to take more control over my health care by finding a new doctor and being examined for the management of sleep apnea. It was great to find a support system thru the class. Linda and Doris were great presenters and kept every class interesting, non confrontational and helpful for the attendees. I have decided to attend the leadership class to help others learn what I have about managing our lives.

*-Living Healthy participant and Lay Leader*

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Dear Living Healthy Program Family,

How heartwarming it is to see our faces + smiles in our group "graduation" picture, and to feel that connectedness all over again! Thank you, my classmates, for adding richly to my life and understanding of health and wellness.

I hope we may all see each other frequently, as orchestrated by the Source of all good.

Your Pal in Living Healthy Wellness

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Even when I get off track, I know that I can always rely on any one of the dear ladies that took this workshop along with me. They motivate me.

I know that I cannot rely on my health care provider for every aspect of my well being.

This course has reached so many areas of my life.

With a grateful heart, I say thank you.

-- Living Healthy participant – February, 2009

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This class has been a blessing to me. I have learned a lot. I don't know how to really express how grateful I am to be a part of this class.

- Living Healthy participant, February, 2009

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Excellent workshop! More seniors should participate for their own knowledge and personal improvement of quality of life.

- Living Healthy participant, February, 2009

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The entire workshop was very good. I enjoyed the six weeks and it went very fast. Making an action plan was very helpful and enlightening.

- Living Healthy participant, Feb, 2009

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I started taking direct and specific responsibility to change my behavior. I liked setting goals and adjusting them as I got more realistic.

I'm calmer. More balanced. And I am more hopeful that I can get better.

- Living Healthy participant, September, 2009

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It [the workshop] made me more confident that I can manage my condition.

- Living Healthy participant, November, 2009

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There is no room for improvement, except maybe an 8-week class!

- Living Healthy participant, October, 2009

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The brainstorming helped come up with good ideas everyone could use.

- Living Healthy participant, October, 2009

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Excellent workshop. Keep up the good work!

- Living Healthy participant, November, 2009

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[The workshop] helped me understand that I am not alone.

- Living Healthy participant, November, 2009

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A word of thanks to all involved in developing this workshop.

- Living Healthy participant, November, 2009

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This is a wonderful program – well prepared, compassionate, and helpful

- Living Healthy participant, November, 2009

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