



FOR IMMEDIATE RELEASE

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For more information, contact:

Debbie Messmer, Santa Marta Director of Sales and Marketing
Dmessmer@SantaMartaRetirement.com, (913) 323-7111

Learn to “KOHP” With Your Chronic Health Condition

Kansans Optimizing Health Program (KOHP) is a highly interactive and motivational education workshop that is being offered in your area. If you live with a chronic health condition, or are close to someone who lives with a chronic health condition, you don't want to miss this opportunity.

Beginning 2/2/12 and continuing for six consecutive weeks, this workshop will be offered every Thursday, from 1 p.m. – 3:30 p.m. at 11524 S. Summit Street, Olathe, KS 66062 (Model Villa at Santa Marta Senior Living Community). As a participant in the workshop, you will receive a valuable resource book called “Living a Healthy Life with Chronic Conditions”. There is a \$25 fee for the entire six week workshop.

Throughout the workshop, you will learn ways to improve healthful behaviors (such as exercise, pain management and communication); improve health status (such as fatigue, disability, social activities and health distress) and decrease your days in the hospital.

This program was developed by Stanford University and is being offered by Santa Marta Senior Living Community. Registration is required and the workshop is limited to the first 20 people. For additional information, or to register, please contact Debbie Messmer (913) 323-7111
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