

Registration Information

Tuesday's beginning April 3 - May 8
2:00 - 4:30pm

Shawnee County Health Agency Auditorium
(Please use the Garfield Street entrance)
1615 SW 8th Avenue, Topeka

Registration for this six-week workshop is \$15
(scholarships are available). Registration fee
will be refunded if participant attends at least
4 of the 6 sessions.

**Registration is due by Wednesday,
March 28**

**To register: Call the Shawnee County
Extension Office at 785 232-0062.**

K-State Research and Extension is an equal
opportunity provider and employer. K-State
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services, activities and programs accessible to all
participants. If you have special requirements due
to a physical, vision or hearing disability, or a
dietary restriction, please contact our office at 785
232-0062.

**For more information on
KOHP contact:**

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**K-State Research and Extension—Shawnee Co.
1740 SW Western Avenue
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Help individuals:
Feel better.
Be in control.
**Do the things
they want to do.**



Department on Aging
Department of Health and Environment

KOHP

Kansans
Optimizing Health
Program

An evidence-based
program developed at
Stanford University for
individuals who want to
manage their chronic
condition and improve
their health.



**Tuesdays, April 3—May 8
2:00—4:30 pm**

**Shawnee County Health Agency
1615 SW 8th Ave, Topeka**



What is KOHP?

KOHP is a highly interactive program where people of various chronic conditions come together to learn and practice new skills over a six week period to manage their chronic condition.



Course Structure

The participants meet once a week for 2 ½ hours to discuss and problem solve a variety of topics relevant to coping with chronic conditions.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) how to evaluate new treatments.



Participants are encouraged to share their successes in dealing with a variety of topics so participants can learn from each other and build their confidence in dealing with their chronic condition. Participants do not learn the medical aspect of a disease but rather how to manage the emotional, physical and social challenges of having a chronic condition. **Family members and/or friends of participants are encouraged to attend the workshop** in order to increase their understanding of the challenges associated with living with a chronic condition on a daily basis.

Benefits of taking KOHP

In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”



Upon completion of the workshop, participants have experienced one or more of the following results:

- Reported increased physical activity
- Showed improvement in cognitive symptom management
- Improved communication with physicians
- Reported improved general health
- Reported decreased health distress
- Reported decreased fatigue, disability and social/role activities limitations

**KOHP HELPS
YOU PUT LIFE
BACK IN
YOUR LIFE**