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Your Update from AgeOptions

March 2016

Take a Look at Take Charge of Your Health



Take Charge of Your Health, AgeOptions' successful chronic disease self-management program, has a new video and a new web page.

In the video, participants in the interactive workshops describe how talking to other people with chronic conditions through the guidance of trained facilitators

has helped them understand their conditions and learn to thrive, not simply survive. [You can see the video here.](#)

The Take Charge of Your Health web page describes the programs: Take Charge of Your Health and Take Charge of Your Diabetes, and the culturally adapted Spanish-language versions Tomando Control de su Salud and Tomando Control de su Diabetes.

The web page also has a calendar with workshop dates and locations, links to get more information and information on hosting workshops. [Visit the web page here.](#)