

## Support in learning how to live well focus of local workshop

Written by Elizabeth Barrett

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### **Participants build lasting relationships with others.**

Glance through a newspaper and you'll see listings of various groups whose members meet to support and learn from each other.

A new one, which will be kick-started through a six-week workshop called "Living Well," begins Monday, Jan. 24, at 2 p.m., at Stone Hearth Estates.

"One of the neatest things about the workshop is how you can build relationships with people who share similar diseases and symptoms," said Janice Libich of Gothenburg, noting that the group may continue to meet long after the workshop ends.

Libich, a Senior Center program coordinator for the Agency on Aging in North Platte, will lead the sessions along with North Platte Senior Center director Shawna Tatman.

"It's like a support group because you will learn so much from each other," said Libich who already helped facilitate a "Living Well" workshop at the Senior Center in North Platte. "You feel good in talking about what is bothering you and getting it out."

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Although the workshop is geared toward people living with a long-term health condition and family members, friends and caregivers, Libich said anyone is welcome.

One of the things participants learn, she said, is how to understand what is happening with their bodies and how to communicate that to family members and physicians.

“For example if you have diabetes, you may be sleeping a lot, drinking lots of water and maybe gaining weight,” Libich explained. “Diabetes is a silent killer and doesn’t happen overnight so it’s important to tell about your symptoms.”

Workshop participants will learn to make a list of questions to ask a doctor, or

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