Iowa State University

From the SelectedWorks of Debra M. Sellers

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Kansans Optimizing Health Postcard

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Available at: https://works.bepress.com/debra_sellers/27/
Kansans Optimizing Health Program
For people with ongoing health issues, their family members and caregivers. Learn how to:
• Deal with problems such as frustration, fatigue, pain and isolation.
• Maintain and improve strength, flexibility and endurance through exercise.
• Use medications appropriately.
• Communicate effectively with family, friends and health professionals.
• Include a healthy diet as part of your day.
• Work in partnership with your health care team.

For more information contact: (County specific information here)

www.aging.ksu.edu

For more information on adult development and aging from Kansas State University, visit

Kansas State University Agricultural Experiment Station and Cooperative Extension Service


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