

A six week course "Living a Healthy Life with Chronic Conditions" was offered by the Jefferson Council on Aging and the result was a success. I would like to express my appreciation. A group of 10 diverse women gathered at 9a.m. on Mondays and were encouraged to not only think, but act. (starting with the first meeting) The teaching and brain-storming, the humor and compassion, were directed by Leslie Ann Cioti and Sharon Buchert in such a way that the directions to take for ourselves became manageable. We learned that motivation comes with a plan and the specifics are in our control. The aim is just to get it done. Sounds simple, but if you haven't been so aware of self discipline, you need practice to keep it simple. We all seemed to enjoy the process of learning this.

Thank you for this opportunity to share our experiences with one another and to meet Leslie Ann and Sharon.

Best regards,
Carla