

I HAVE ENJOYED THESE SESSIONS. THEY HAVE BEEN GOOD . I HAVE LEARNED TO SET GOALS. GOALS THAT I CAN ATTAIN. IT HAS BEEN GOOD TO SHARE IDEAS, AND HELPFUL HINTS. ALL OF US IN THIS APARTMENT HAVE SOME KIND OF HEALTH PROBLEMS. WE ALL HANDLE THEM DIFFERENTLY. BUT BY SHARING WE MAY BE ABLE TO HELP ONE ANOTHER THIS HAS BEEN A WONDERFUL OPPORTUNITY TO GAIN INFORMATION .ABOUT OTHER CHRONIC CONDITIONS. AND HAS GIVEN US A BETTER UNDER STANDING OF WHAT OTHERS MAY BE EXPERIENCING.

THE BOOK IS A VALUABLE REFERENCE TO HAVE.

THANKS FOR YOUR TIME.

*Bertha Hassler*