



Books Available Related to Chronic Illness/Various Diagnoses:

- *I Know how Hard You Work: A Journey Through Stroke Recovery* by Paul Sybert
- *Moving Forward: Practical Guide to Living with Parkinson's Disease* by Teva Neuroscience
- *The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia* by Kate Lorig and James Fries
- *Caring for Loved Ones with Advanced MS: A Guide for Families* by Dorothy Northrop and Debra Frankel

Please call Valeree Lecey, Caregiver Program Specialist, at the Aging and Disability Resource Center (ADRC), at 262-284-8120 to arrange for pick up or delivery.