

The Seisler's wellness journey started when they enrolled in the Healthy Heart - Happy Heart Health & Wellness program with Berks Encore. Bill was enduring and recovering from a horrific 3-year trauma of A-Fib and multiple heart surgeries with complications. By 2023, a formerly very active person, Bill's health had deteriorated substantially; he was depressed and frustrated. Through Healthy Heart - Happy Heart, Bill and Liz not only learned strategies to live successfully with heart disease, but that they were not alone in their journey. The Seisler's continued their wellness journey by signing up for the Eat Well – Be Well program in August to learn how to adapt Bill's low sodium diet into their eating plan. To regain strength and stamina, they joined Walk with Ease in September. At that time, Bill could barely complete one lap. However, at the end of the 6-week program he was walking 11 laps - 1.5 miles! As Liz and Bill continue their journey, they will be enrolling in our Walk with Ease again this month.

OVERALL EXPERIENCE

Bill- "It was helpful to hear I was not alone in what I was feeling and that others felt the same way as I did. I also learned communication tools to help me express what I wanted with my doctor, family, and friends. At first, I didn't know what to expect from the class. But I learned I had nothing to lose by taking the class but I sure gained a lot!"

Liz- "This program shared lots of tips for small changes. Big lifestyle changes take more time, but the tools that were shared allowed us to make small changes, which add up over time. I really appreciated the suggestions made in the course, no pressure or pushing. There were suggestions offered for us to try and incorporate in our lives if able."

ACCOMPLISHMENTS

Bill- "It was beneficial for me to learn about the functions of the heart, how it works. Diet and exercise are both things that I've always known about, but now I am really focusing on them because they are good for my heart. My exercise routine has improved greatly. My goal is to get off the blood thinners and get back outdoors archery hunting. At no time did I find the classes boring. The time went by quickly and I looked forward to the next class."

Liz- "We expanded our diet. After retirement we started to eat more TV dinners and fast food than we knew we should have. Now, I cook healthy homemade meals and freeze smaller portions for the nights when time is limited, or when I don't feel like cooking. I know Bill has benefited from learning how to express what he wants without shutting down or shutting others out. You must change with your age. You must change with your circumstances; life is what you make it. You must be receptive to see how you can benefit health wise. You can't sit and complain and expect things to change."