

# ***A Healthier State of Living***

## *Chronic Disease Self-Management Program*

### *Living Well*

*Sick and tired of being sick and tired?*

## **TAKE CONTROL**

The Living a Healthy Life with Chronic Conditions Self Management Program is a **FREE** workshop for people with ongoing health conditions such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS, etc. Participants meet 2.5 hours per week for 6 weeks in community settings such as senior centers, churches, libraries and hospitals in Linn, Benton and Lincoln counties. There is no charge for the workshop or book Living a Healthy Life with Chronic Conditions.

### **Program Overview**

- How you can work with your Doctor and others on your health care team
- Medication “how to’s”
- Personalizing a fitness program
- Relaxation techniques
- Dealing with negative emotions
- Managing your symptoms
- Improving communications with family, friends and others
- Tips for eating well
- Personal goal setting
- Effective problem-solving

Workshops help participants improve health and wellbeing while decreasing pain, stress, frustration, fear, fatigue, isolation and depression. Day to day management of your chronic disease improves through skills learned over the 6-week session.

### **Put Living Back in Your Life**

**For more information or to register (pre-registration required) call:**  
Carole Kment (541) 451-6466 or e-mail [ckment@samhealth.org](mailto:ckment@samhealth.org)

**Workshop at the Albany Senior Center will start on February 23 – March 30, 2011 at 12:30 in the large meeting room. Please call to register in advance of start date.**