



Chronic Disease Self-Management Program
Living Well with Chronic Conditions

The chronic disease self management program, Living Well with Chronic Conditions, is a **FREE** workshop for people caring for someone with a chronic health condition or someone who has a chronic health condition such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS, COPD, depression, and many others. Participants meet 2.5 hours per week for six weeks. Workshops are held throughout the many communities in our county in a variety of settings, such as senior centers, churches, libraries and hospitals. There is no charge for the workshop or book, Living a Healthy Life with Chronic Conditions.

Program Overview

- Working with your Doctor and other members of 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 during the six week session.

Put Life Back in Your Life

To find a workshop in your area, more information, or to register call:
Ann Way, MS, Living Well Coordinator, 541-265-0465 or at away@co.lincoln.or.us