

- * Workshops meet 2½ hours each week for six weeks.
- * Participants include people with different chronic conditions and their family and friends.
- * The Department of Veterans Affairs is offering the Living Well Program free of charge
- * Two trained leaders lead the workshop. One or both may have a chronic condition.

Open to Veterans and all community members

*Sponsored by
Portland VA Medical Center*

“After taking the class, my mindset changed. I realized I’d put my life on hold, expecting to ‘get better.’ When I accepted the fact that I have a chronic condition that I need to manage, I can’t begin to tell you how much freedom I felt. This workshop was a life-changing event.”

— Program participant

Living Well with Chronic Conditions is the Chronic Disease Self-Management Program developed and tested by Stanford University. It is designed to complement and enhance medical treatment and disease management.

Research has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones.

People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.



“Sick and tired of being sick and tired?”

Living Well with Chronic Conditions

A **free** six-week workshop for anyone with

- * Pain
- * Asthma
- * Diabetes
- * Heart disease
- * Arthritis
- * Depression



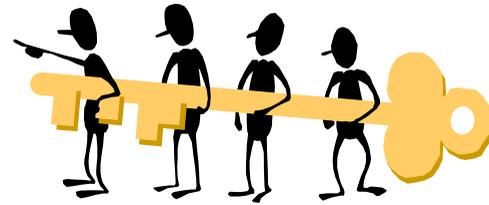
Call to register
From Portland: 503 402-2922
From Vancouver 360 759-1967

Living Well with Chronic Conditions

Living Well with Chronic Conditions is a six-week workshop. It teaches practical skills for living a healthy life with an ongoing health condition.

Classes are fun and interactive. Participants share their successes and build a common source of support.

The workshop builds confidence for managing health, staying active and enjoying life.



Topics Covered

- ✓ Managing your symptoms
- ✓ Medication “how-to”
- ✓ Working with your healthcare team
- ✓ Setting weekly goals
- ✓ Effective problem-solving
- ✓ Better communication
- ✓ How to relax
- ✓ Handling difficult emotions
- ✓ Tips for eating well
- ✓ Safe, easy exercise

Living Well with Chronic Conditions

Spring 2010 Schedule

February 5, 1-3:00 pm, Friday

Portland VA Medical Center
Bldg. 104 P2 conference room A
Portland, Oregon

February 12, 1:00 pm, Friday

Vancouver VA Nursing Home
Community Living Center (CLC)
Building D-8
1601 E. Fourth Plain Blvd.
Vancouver, Washington

March 3, 1:30 pm, Wednesday

Portland VA Medical Center
Building 101 room 201
3710 SW Veterans Hospital Road
Portland, Oregon

April 1, 1:00 pm, Thursday
Mt. Scott Community Center
5530 SE 72nd Ave
Portland, Oregon

April 2, 1:00 pm, Thursday
Vancouver VA Nursing Home
Building D-8
1601 E Fourth Plain Boulevard
Vancouver, Washington

April 6, 9:30 am Tuesday
Hillsboro VA Clinic
Suite 300
1925 Amber Glen Parkway
Hillsboro, Oregon

May 5, 1:30 pm, Wednesday
Portland VA Medical Center
Building 101 room 201
3710 SW Veterans Hospital Road
Portland, Oregon