

From: Living Well with Chronic Conditions Program "Living Well"

Attached you will find information about **one or more of your patients** who attended the Living Well workshop in Linn or Benton County. Each completed at least 4 sessions out of the 6 in the workshop and was offered this opportunity to communicate back to you about their progress. I hope you will include this document in their chart.

This Self-Management course will not conflict with existing programs or your treatment plans. It is designed to help people learn basic problem solving skills and set short-term goals that help them manage their health and help them keep active in their lives.

Stanford University developed this evidenced-based program and you can find additional information at patienteducation.stanford.edu. In Oregon we call the program "Living Well" at Stanford it is called "Chronic Disease Self-management Program" or CDSMP. Their studies have shown a decrease in the number of office and emergency visits and a decrease in hospitalizations once a person completes the workshop series.

Enclosed are a few Living Well flyers and brochures. We are constantly scheduling more workshops. The workshops are free and each participant receives a copy of the book Living a Healthy Life with Chronic Conditions by Kate Lorig RN, PhD. et al.

If you, your patients or your staff would like more information please have them contact me at ckment@samhealth.org or 541 451-6466

Thank you,

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