

Living a Healthy Life with Chronic Conditions A Self-Management Workshop



Did you know that most people will have 2 or more chronic health conditions during their lives? Despite living with conditions such as heart disease, diabetes, depression, cancer, COPD, arthritis, and many others, we can take control of our health, achieve the things we want to do, and enjoy living our lives.

Living a Healthy Life with Chronic Conditions is a free, self-management workshop designed by Stanford University to share tools and skills that can help “actively manage” the day-to-day complexities of living with these conditions. Some examples include:

- Problem-solving and Action-planning to make positive changes in our lives
- Techniques to help manage symptoms such as fatigue and pain
- Communication skills and ways to deal with difficult emotions

We’ll touch on many topics, from getting a good night’s rest, healthy eating, exercise, and relaxation, to making informed treatment decisions, all with the goal of improving overall health and wellness.

The workshop meets for 6 weeks, once per week for 2 1/2 hours. There are several short breaks scheduled in each session, and the activities include group interaction with opportunities to share ideas and experiences. The time usually flies by.

There’s a wonderful comradery that builds during this workshop – it can be a very encouraging and empowering experience. In past classes, participants have remarked that they wished the workshop was longer than 6 weeks; they found it to be so beneficial and motivational.

If you are over the age of 60 and are interested in participating, please call Blair Senior Services at 814-946-1235 for more information.