



It's
MY
health.

It's
MY
life.

Living Healthy is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other chronic disease, **Living Healthy** is for you. By attending this FREE workshop one time per week for 6 weeks, you will learn how to:


- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier
- AND...Get more out of life!

For more information about **Living Healthy**, or to register for a workshop please call: 828-465-8243.




**LIVING
HEALTHY**

FEEL BETTER
TAKE CHARGE



LIVING HEALTHY
THE BEST OF AGE

A six-week program to help you improve your health— one step at a time.




Sponsored by:
Centralina Area Agency on Aging

Chronic Disease Self Management Program

Living Healthy (CDSMP)

The Division of Aging and Adult Services, in collaboration with the Division of Public Health and UNC Institute on Aging, has received AoA grant funding to offer Stanford University's Chronic Disease Self Management Program (CDSMP) June 1, 2007- through May, 2010.

North Carolina is leading the way



Evidence-Based Partnering States

Partnering States


Partnering States
2007-2010
2007-2010
2007-2010

What is It?

- A six week series of workshops, meets for 2 ½ hours once a week
- Meets in community settings such as Senior Centers, Churches, Libraries, etc.
- Workshops are co-facilitated by two people, one or both of whom have chronic diseases themselves.


What is It?

- Supports participants in learning to manage their chronic conditions in their life chronic diseases themselves.
- Originated at Stanford University and is an evidence-based health program.



What is Evidence-based?

- Programs that are based on *what we know works* rather than *what we think works*
- Programs that are orientated to meeting community needs through partnerships and within community and environmental contexts
- Have been researched and proven effective



Who is it for?

The workshop is for anyone with a chronic health condition.

Such As:

- > Diabetes
- > Asthma
- > Emphysema
- > Heart Conditions
- > High Blood Pressure
- > MS
- > COPD
- > Depression
- > Fibromyalgia
- > Obesity
- > Parkinson's
- > Arthritis
- > ANYONE...

What Does it Do?

- > Brings people with chronic illnesses and their families together in a community setting
- > Supports and enhances disease specific education, but does not replace it
- > Introduces tools needed in day to day life with chronic illness
- > Gives people skills to manage their health, as well as to help them keep active in their lives

Topics Include

- > Goal Setting
- > Exercise
- > Nutrition
- > Improving Communication
- > Managing Emotions
- > Effective Problem Solving
- > Symptom Management
- > Relaxation Techniques
- > Medication "how to's"

Program Design

To Help People gain Self-Confidence in their ability

- to control their symptoms
- to control how their health problems affect their lives

Living Healthy IS...

- > Highly Interactive
- > Introduces a variety of skills
- > Focuses on goal setting
- > Practices using management skills
- > Shares experiences
- > Emphasizes mutual support

Are you interested in Participating in a class OR Leading a Class??