

## **Chronic Disease Self-Management Program**

Do you live with a chronic disease that impacts your life? Senior Connections, The Capital Area Agency on Aging in partnership with the Richmond City and the Chesterfield Health Districts is now offering a workshop entitled Chronic Disease Self-Management Program. This free workshop led by lay leaders **will meet for two and one-half hours, once a week, for six weeks.** It will provide you the confidence, motivation and coping skills needed to live a happier, healthier life.

Whether it is arthritis, high blood pressure, diabetes, heart or lung disease, this workshop will focus on:

- Developing an action plan
- Using your mind to manage symptoms
- Feedback and problem solving
- Better breathing
- Fitness/exercise
- Pain/fatigue/depression
- Nutrition
- Communication
- Medications
- Working with your healthcare professionals

Adults with a chronic disease, friends, family members and caregivers are welcome to participate in this workshop.

**Please contact Joan Welch with Senior Connections at 804-615-0135 with questions or to enroll.**

***You Can! Live Well, Virginia!***