



Chronic Disease Management

A Self-Management Program to help you learn how to make choices to live healthier with chronic disease and lower your risk of related health problems.

If you are dealing with a long-lasting (chronic) disease—like arthritis, diabetes, cancer, obesity, or heart disease—you are not alone.

About half of all American adults have at least one chronic disease—and 1 in 4 have two or more. These chronic diseases can lead to disability and serious health problems. But the good news is that there's a lot you can do to help manage chronic disease and prevent related problems. Our program can help you make choices to live healthier.

The Program

Healthier Living Workshop: Chronic Disease

WHAT THE PROGRAM OFFERS

Support to help people with chronic diseases manage and improve their health. The program focuses on topics that come up when dealing with any chronic condition, such as:

- Problem solving and action planning
- Nutrition
- Exercise
- Medication use
- Emotions
- Talking with doctors

TIMING

The workshop is given over 2 ½ hours, once a week, for 6 weeks.

WHO IT'S FOR

People living with a chronic disease such as arthritis, diabetes, cancer, obesity, or heart disease.

Upcoming Healthier Living Workshop for Chronic Disease

Tuesdays:

August 28th - October 2nd

Graystone Village
2 Dewitt Drive
White River Jct, Vt. 05001.

1:30pm-4:00pm

To sign up, contact:

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SASH PARTICIPANTS:

Contact SASH

Coordinator: Carolyn Lorie

To take the next step, visit:
MYHEALTHYVT.ORG