

Live Well Chronic Disease Self-Management



“It's Your Life...Live it Well”

Live Well, a Chronic Disease Self-Management Program, is a national evidence based health promotion program developed by Stanford University. Live Well is for older adults who want to learn how to manage their on-going health issues such as diabetes, arthritis, lung and heart disease, chronic pain, anxiety and depression. Live Well is a workshop series meeting weekly for six weeks and cover topics such as healthy eating, exercise, better balance, decision making, goal setting, effective communication, and much more.

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Workshops are held in community settings such as senior centers, churches, senior housing, libraries, clinics, and hospitals. The highly interactive workshop is co-facilitated by two trained workshop leaders. Each workshop participant is lent a copy of *Living a Healthy Life with Chronic Conditions*, and a relaxation CD.

For more information on the Chronic Disease Self-Management Program click here to view the video “<https://vimeo.com/4137344>” brought to you by the National Council on Aging.

The program, offered at no cost to the participants, consists of six two-and-half hour sessions. It is open to person who have chronic health conditions.

The program is offered on a periodic basis. Class size is limited and registration is required. Call the Torrington Area Health District at 860-489-0436, extension 314 for more information.