

*After taking the class, my mindset changed. I realized I'd put my life on hold, expecting to 'get better.' When I accepted the fact that I have a chronic condition that I need to manage, I can't begin to tell you how much freedom I felt. This workshop was a life-changing event."*

*----Program participant*

*Living Well with Chronic Conditions* is the Chronic Disease Self-Management Program developed and tested by Stanford University. It is designed to complement and enhance medical treatment and disease management.

Research has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones.

People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

For more information, or to sign up for a class in Sierra County contact:

Shirley Hopkins

575-894-3871

***Living Well with Chronic Conditions***  
is offered and supported by

The Community United for Quality Living  
Sierra Health Council , the NM Dept. of Health &  
the Centers for Disease Control and Prevention



# Living Well with Chronic Conditions

(The Sierra County Sessions)

*A six-week workshop for people who have, or live with or tend someone with: a chronic health issue such as:*

- \* *Chronic pain*
- \* *Arthritis*
- \* *Diabetes*
- \* *Pre-Diabetes*
- \* *Heart disease*
- \* *Weight related health issues*
- \* *Chronic stress*

And for anyone who wants to  
PREVENT disease!

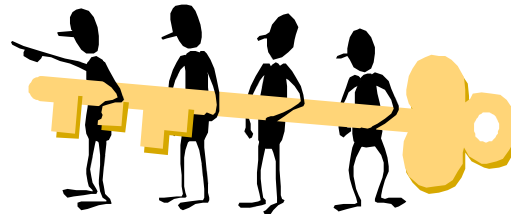
*This is a*  
**FREE and FABULOUS**  
six week series of classes

*Living Well with Chronic Conditions* is a six-week workshop. It teaches practical skills for living a healthy life with an ongoing health condition.

Classes are fun and interactive. Participants share their successes and build a common source of support.

The workshop builds confidence for managing health, staying active and enjoying life.

All instructors are residents of Sierra County. Many are your friends and neighbors. We are all committed to a healthier Sierra County.



## Topics Covered

- ✓ Managing symptoms
- ✓ Medication “how-to”
- ✓ Working with your healthcare team
  
- ✓ Setting weekly goals
- ✓ Effective problem-solving
- ✓ Better communication
  
- ✓ How to relax
- ✓ Handling difficult emotions
- ✓ Tips for eating well
- ✓ Safe, easy exercise

Workshops meet 2½ hours each week for six weekly sessions.

Participants include people with different chronic conditions and their family or friends.

One or Two trained leaders teach the workshop. Trainers may have a chronic condition or provide care to someone who does.

The course is free. Costs are paid by the Southern Area Health Education Center

Sierra County has over a dozen trained instructors and some offer a Spanish version called *Tomando Control de su Salud*.

*Living Well with Chronic Condition* was introduced to Sierra by the Sierra Health Council, funded by the New Mexico Department of Health.

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