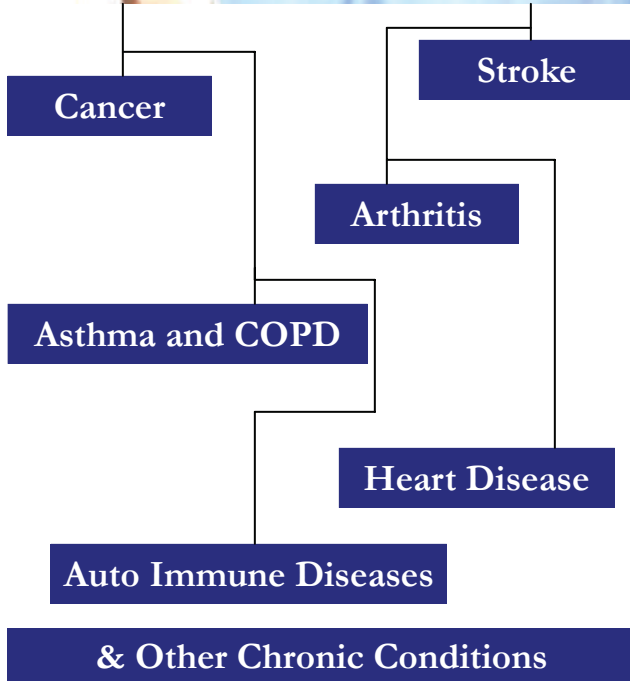




Diabetes

**Are You
OVERWHELMED
by a
CHRONIC HEALTH
CONDITION?**



You might be living with one or multiple conditions

We Can Help

In Oregon, we call this program "Living Well", but it is the same program developed by Stanford University called Chronic Disease Self-Management Program (CDSMP). If you would like more information on CDSMP, how they did the research, outcomes, or how to set-up your own program, check out their web site:

<http://patienteducation.stanford.edu>

**“LIVING WELL WITH
CHRONIC
CONDITIONS”**

**A six session, weekly,
interactive FREE
workshop!**



Sponsored by:

- Samaritan North Lincoln Hospital
- Samaritan Health System Accountability Funds
- Lincoln County CHIP
- Chronic Care Committee of CHIP
- Newport Senior Activity Center
- Waldport Senior and Community Center

Lincoln County Health and Human Services Department offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Lincoln County Health and Human Services Department is an Equal Opportunity Employer.

The “Living Well With Chronic Conditions” Self-Management Program, developed by Stanford University’s School of Medicine, is designed to enhance medical treatment and help those living with a chronic health condition improve their ability to manage day to day activities. For more information on this program, please see other side of brochure.

Class Schedule 2008

NEWPORT:

Dates: April 14, 21, 28, and May 5, 12 and 19.

From: 1:30 p.m. - 4:00 p.m.

Newport Senior Center

WALDPART:

Dates: May 10, 17, 24, and June 7, 14, and 21.

From: 10:00 a.m. - 12:30 p.m.

Waldport Senior Center

LINCOLN CITY:

Dates: May 22, 29, and June 5, 12, 19, and 26.

From: 2:00 p.m. - 4:30 p.m.

Samaritan North Lincoln Hospital

Dates: June 23, 30, and July 7, 14, 21, and 28.

From: 5:00 p.m. - 7:30 p.m.

Samaritan North Lincoln

“Living Well With Chronic Conditions”

This weekly, six-session, interactive workshop helps people who have significant health conditions learn how to take control of their health. The sessions deal with the issues that everyone living with an ongoing (chronic) health condition faces.

Each session lasts two and one-half hours. We encourage you to bring a family member or support person to all sessions at no extra charge. You will learn how to accomplish the following:

- Manage medications
- Deal with depression
- Eat wisely and well
- Manage pain
- Set and meet your goals
- Fight fatigue and frustration
- Exercise appropriately
- Manage stress and relax
- Solve problems
- Communicate better

Program evaluation has shown that participants have improved health status and spend fewer days in the hospital, with a trend toward fewer outpatient visits and hospitalizations.

This is a FREE workshop!

Pre-Registration information required for **each** person attending; feel free to copy form or attach information. Class size is limited.

REGISTRATION

Name: _____

Mailing Address:

Phone: _____

2008 Spring/Summer Classes:

Newport Class

April 14, 21, 28, May 5, 12, 19.

Waldport Class

May 10, 17, 24, June 7, 14, 21.

Lincoln City Classes

May 22, 29, June 5, 12, 19, 26.

June 23, 30, July 7, 14, 21, 28.

MAIL REGISTRATION TO:

Lincoln County Health and
Human Services

Attention: Jennifer Loyd

36 SW Nye Street,
Newport, Oregon 97365

Contact information:
(541) 265-6611 ext: 2432