

“Living Well with a Chronic Condition” Leader Training

For more information, contact Ann Way, (541) 265-6611 x 2286

Training schedule:

Friday and Saturday, October 23-24

Friday and Saturday, October 30-31

9:00 am - 4:00 pm

Location:

Lincoln County Health and Human Services
51 SW Lee St., Newport

Cost: None

Morning and afternoon refreshments and lunch will be provided

Pre-registration is required: Closes October 12, 2009

“Living Well with a Chronic Condition” Program Overview

- ◆ Effective problem solving
- ◆ Managing medications: “how to”
- ◆ Relaxation techniques
- ◆ Improving communication with your family and healthcare team
- ◆ Tips for eating well
- ◆ Strategies to enhance self-care
- ◆ Managing symptoms
- ◆ Dealing with negative emotions
- ◆ Communicating with your healthcare team and family
- ◆ Setting weekly goals

This Stanford program and research study showed improved self-management skills and quality of life for people living with ongoing health conditions such as diabetes, asthma, emphysema, fibromyalgia, Chronic Fatigue Syndrome, heart conditions, high blood pressure, Multiple Sclerosis, and other chronic conditions. The program requires that participants and leaders meet for two and a half hours, once a week for six weeks in community settings such as senior centers, churches, libraries, hospitals, etc. The program provides techniques and tools for participants to incorporate as they learn to create self-management plans for coping with chronic symptoms, frustrations and fatigue.

To register or request additional information:

Contact Ann Way at 265-6611 ext. 2286

The “Living Well with a Chronic Condition” program is sponsored by Samaritan North Lincoln Hospital and Lincoln County Health and Human Services. This training is supported in part by a grant from the National Council on Aging to Oregon Department of Human Services