

10-Minute Introduction to Take Control of Your Health: Chronic Disease Self-Management Program

We are (or "I am") here to tell you about a workshop we are offering that will help you live a healthier life.

As we age we all end up with some type of chronic (or ongoing) symptoms; the aches and pains of arthritis, blood sugar problems or diabetes, high blood pressure, maybe some of you even have heart disease or breathing problems.

How many of you here have experienced chronic health problems, or care for someone with chronic health problems? (Acknowledge responses) And how many have experienced some type of emotional distress like frustration, sadness, even depression or fatigue? (Again, acknowledge responses) Sometimes we may even stop doing things we really like to do.

This workshop, which meets once a week for six weeks, will give you tips and ideas to make your life easier. You will learn how to solve problems, how to deal with emotions, and how to relax. You will also learn to make an "action plan" to help you accomplish the things you want to do. Other topics we will talk about include dealing with pain and fatigue, healthy eating, medication usage, working with your health care professionals, and yes, exercise. In other words, you will learn to "self manage" your health condition by recognizing and understanding the problems it causes.

This program is from Stanford University and is what is called "evidence based", which means it has been proven beneficial again and again in a wide variety of populations. It is offered in 46 states and 19 different countries!

There are generally 8-15 people in a workshop. The 6 sessions last about 2 $\frac{1}{2}$ hours each. They are both informative and interactive. We offer this workshop free of charge, and it includes this book (show book), and refreshments.