

Chronic Disease Management

A self-management workshop to help you learn how to make choices to live healthier with chronic disease and lower your risk of related health problems.

If you are dealing with a long-lasting (chronic) disease, like arthritis, diabetes, cancer, obesity, or heart disease, you're not alone.

About half of all American adults have at least one chronic disease—and 1 in 4 have two or more. These chronic diseases can lead to disability and serious health problems. But the good news is that there's a lot you can do to help manage chronic disease and prevent related problems. Our workshop can help you make choices to live healthier.

The Workshop

Healthier Living Workshop: Chronic Disease

WHAT THE WORKSHOP OFFERS

Support to help people with chronic diseases manage and improve their health. The workshop focuses on topics that come up when dealing with any chronic condition, such as:

- Problem solving and action planning
- Nutrition
- Exercise
- Medication use
- Emotions
- Talking with doctors

TIMING

The workshop is given over 2 ½ hours, once a week, for 6 weeks.

WHO IT'S FOR

People living with a chronic disease such as arthritis, diabetes, cancer, obesity, or heart disease.

FOR INFORMATION...

For information on the **Chronic Disease Management Program**, contact:

Jen Grant

802-748-9405 ext. 1026

jennifergr@nchcvt.org



Northern Counties
HEALTH CARE



To take the first step, visit:
MYHEALTHYVT.ORG