

LIVING WELL

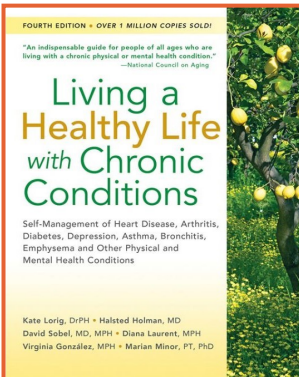
With Chronic Disease & Pain

CHRONIC DISEASE & CHRONIC PAIN SELF-MANAGEMENT CLASS

6 Weekly sessions for 2-1/2 hrs. FRIDAYS OCT. 18—DEC. 6, 22 (1-3:30 pm)

(No class on 11/15 & 11/29)

Class & Materials are Free—Call 740 385-6581 to register now. Caregivers welcome.



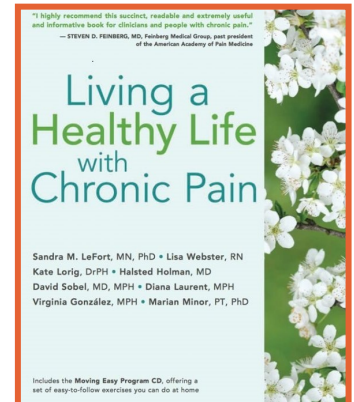
The Chronic Disease & Pain Self—Management (CDPSM) Program is an effective self-management education workshop designed to help people with chronic health problems, gain self-confidence in their ability to control their symptoms and learn how their health affects their lives.

This Program teaches Tools useful for managing a variety of chronic diseases.

This program was developed at Stanford University. CDSMP workshops are held in community settings in a small group. These highly interactive workshops are six weeks long, meeting one a week for 2 1/2 hours. Workshops are facilitated by two Certified Instructors, both of whom are non-health professionals.

WORKSHOP TOPICS INCLUDE THE FOLLOWING:

- *Pain Self-Management Tool Box*
- *Learn tools to handle difficult emotions such as: frustration, fatigue, pain, and isolation.*
- *Learn appropriate exercise to maintain and improve strength, flexibility, and endurance.*
- *Learn tools for dealing with pain, fatigue and stress.*
- *Managing symptoms and appropriate use of medications.*
- *How to communicate more effectively with family, friends, and health professionals.*
- *Simple ways to improve eating well and increase activity.*



(Note: Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.)

Participants who took CDSMP demonstrated significant improvements in exercise, ability to do social and household activities, less depression, fear and frustration or worry about their health, reduction in symptoms like pain, and increased confidence in their ability to manage their condition.



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