



# Healthy Changes for Living with Chronic Conditions

– A Living Well Workshop –

**Living with a long-lasting health condition such as arthritis, diabetes or heart disease has its challenges. While chronic disease is more common in older adults, certain conditions can develop at any age. Learning how to meet those challenges can make life easier.**

**The Healthy Changes Workshop** is a self-management education program designed to teach participants how to manage their conditions and build self-confidence so they can successfully adopt healthy new behaviors. Participants learn how to cultivate positive outlooks and self-management skills that help them become more active and feel in control.

Sessions are highly participative and held in community settings. Each class of up to 16 people meets 2½ hours per week for six weeks under the guidance of two certified lay leaders, at least one of whom has a chronic condition themselves.

#### Participants will learn:

- ◆ Pain and fatigue management techniques
- ◆ Suitable exercise
- ◆ Appropriate use of medications
- ◆ How to communicate effectively with family, friends and health professionals
- ◆ Tips for healthy eating
- ◆ How to evaluate new treatments

#### Participants who took the workshop demonstrated:

- ◆ Significant improvements in exercise
- ◆ Increased ability to do social and household activities
- ◆ Less depression, fear and frustration or worry about their health
- ◆ Reduction in symptoms like pain
- ◆ Increased confidence in their ability to manage their condition

Learn more about **Healthy Changes for Living with Chronic Conditions**.  
Call **Lynda Conner** at **470-378-1630** or **lconner@atlantaregional.org**.

*Healthy Changes for Living with Chronic Conditions is Stanford University, School of Medicine's evidence-based Chronic Disease Self-Management program launched in 1996.*