

Living Well for Better Health

Chronic Disease Self Management

A six-week program to learn new tips to improve your health – one step at a time

Is this workshop for me?

Do you have aches and pains, asthma, diabetes, a heart problem, trouble breathing, weight concerns, depression or another long term health condition?

Anyone living with a long term health condition is welcome. A family member, friend or caregiver can also participate.

This workshop helps you find ways to deal with your symptoms and make life better.

What are some of the topics?

Action planning

Problem solving

Physical activity and exercise

Better breathing

Pain and fatigue management

Future plans for health care

Healthy eating

Communication skills

Dealing with difficult emotions

Medication management

Managing symptoms

Working with health providers

When and where are the workshops held?

February 8th

Informational Meeting, 10:00 a.m., Cohen Community Center, Hallowell
Workshops February 23 - March 30, 2010, 9:00 - 11:30 am
Contact Vicki Foster 623-0764 x 126 or vfoster@spectrumgenerations.org

February 10th

Informational meeting, MaineGeneral Thayer campus, Waterville,
Dean 1 conference room, 6:00 pm
Workshops February 17-March 24, 2010, 6:00-8:00 pm
Contact Janet Sawyer 621-3742 or janet.sawyer@mainegeneral.org

March 11th

Informational meeting, MaineGeneral E. Chestnut St. Augusta
Conference room 3, 6:00 pm
Workshops March 18-April 22, 2010, 6:00-8:00 pm
Contact Janet Sawyer 621-3742 or janet.sawyer@mainegeneral.org

