

We asked our participants to tell us what they accomplished at the end of the workshop and what was most helpful to them.

This is what they had to say:

"Having other people who are dealing with chronic illness to talk to and having a book to read everything we talked about has been great."

Lupus/Fibromyalgia/Reynaud Syndrome/
Cancer Survivor Participant

"Wow! Learned a lot. More exercise and better communication."

High Blood Pressure/Fibromyalgia Participant

"Learning about different methods for dealing with illness has been priceless."

Arthritis/Rheumatic Disease, Breathing/Lung
Disease/Depression/Chronic Fatigue Participant

"A beginning to a more healthful me!"

Depression/Hypertension Participant

"The workshop made me feel committed to improving my health. It helped me eat better, be more positive and make better choices."

Diabetes Participant

UNIVERSITY OF
LOUISVILLE
SCHOOL OF MEDICINE
Department of Family & Geriatric Medicine

in partnership with



Thanks to our generous sponsors:



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Living Well Workshop: A Chronic Disease Self-Management Program



If you have **DIABETES, ARTHRITIS, HEART or LUNG DISEASE, HIGH BLOOD PRESSURE, CANCER, PAIN, DEPRESSION, or other ON-GOING HEALTH CONDITIONS,**

this workshop is for you!

Call (502) 852-1804

OR

(502) 772-8588

or visit us on the web

www.louisville.edu/medschool/familymedicine/patient-resources

What is a chronic disease self-management program?

The Chronic Disease Self-Management Program is a six-week workshop that meets for 2 ½ hours, once a week in community settings such as senior centers, churches, malls and hospitals. People with different chronic health problems attend together. Workshop leaders include health professionals and community members, many of whom have chronic diseases themselves.

Topics include:

- Ways to deal with frustration, pain, negative emotions and isolation
- Physical activity and movement for keeping and improving strength, flexibility and endurance
- Correct use of medications
- Communicating with family, friends, and health professionals
- Healthy eating
- Evaluating new treatment options

The Living Well Workshop is FREE!

(Workshop package valued at over \$150)

All participants will receive a resource book called *Living a Healthy Life with Chronic Conditions* and a relaxation CD.

PLUS...all participants have access to a **FREE** 8-week membership to the YMCA of Greater Louisville. (Limited to participants who have never been a YMCA member.) *Must attend minimum of 4 out of the 6 sessions to qualify.*

The way the program is taught is what makes it work.

The workshop sessions are lively and interactive. You will talk, share, practice skills and learn together with class members over the six weeks. You will build confidence in your ability to manage your health and maintain active and fulfilling lives.

The Self-Management Program does not conflict with existing programs or treatment.

It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. Additionally, if you have more than one chronic condition, this program would be especially helpful to you.

*Used by permission from the Stanford University Chronic Disease Self-Management Program (<http://patienteducation.stanford.edu/programs/cdsmp.html>)

***Registration is REQUIRED—see below for the workshop closest to you...**

Family Health Center—Portland **Call (502) 772-8588 to register**

2215 Portland Avenue, 40212

- **Fridays, 10 a.m.—12 noon**
October 18—November 22
- **Tuesdays, 5:30 p.m.—7:30 p.m.**
October 8—November 12

Other Locations— **Call (502) 852-1804 to register**

ElderServe Inc.—Oak & Acorn Sr. Ctr.
631 South 28th Street, 40211

Wednesdays

Sept 4—Oct 9, 11:00 a.m.—1:30 p.m.

Presbyterian Homes of Louisville
Rose Anna Hughes Home-Chapel

2120 Buechel Bank Road, 40218

Tuesdays

Oct 8—Nov 12, 6:15 p.m.—8:45 p.m.

Park Duvalle Community Center

3015 Wilson Avenue, 40211

Mondays

Sept 23—Oct 28, 2 p.m.—4:30 p.m.

UofL Physicians Family Medicine—
Newburg

1941 Bishop Lane, Suite 900, 40218

Fridays

Sept 20—Oct 25, 9 a.m.—11:30 a.m.

Jewish Hospital Medical Center East

3920 Dutchmans Ln., 1st Floor Conf. Rm, 40207

Fridays

Sept 20—Oct 25, 2:30 p.m.—5 p.m.

Heyburn Building

332 West Broadway, Suite 200, 40203

Mondays

Nov 11—Dec. 16, 6 p.m.—8:30 p.m.

Gilda's Club Louisville

633 Baxter Avenue, 40204

Mondays

Oct 14—Nov 18, 10 a.m.—12:30 p.m.

Get Healthy Now Wellness Center
at UofL Belknap Campus

601 President's Blvd. (1 blk off Eastern Pkwy), 40217

Tuesdays

Oct 22—Nov 26, 5:15 p.m.—7:45 p.m.