

IOWA HEALTHY LINKS CHRONIC DISEASE SELF-MANAGEMENT WORKSHOPS

LEARN TECHNIQUES FOR TAKING CONTROL OF YOUR HEALTH!

The weekly six-session interactive workshop helps people who have significant health conditions learn how to take control of their health. The sessions deal with the issues that everyone living with an ongoing (chronic) health condition faces. Each session lasts two and one-half hours. We encourage you to bring a family member or support person to all sessions. You will learn how to accomplish the following:

- Manage medications
- Deal with depression
- Eat wisely and well
- Control pain
- Set and meet your goals
- Fight fatigue and frustration
- Start an appropriate exercise program
- Manage stress and relax
- Solve problems
- Communicate with health providers better

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain an active and fulfilling life.

The Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

The program has been shown to help people to improve their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improve their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and decreased their days in the hospital.

IOWA HEALTHY LINKS can help you develop the skills needed to take control of your health condition and live a happier healthier life. Stanford University developed the Chronic Disease Self-Management Program (CDSMP).

Cost: \$20.00 (Plan to commit to all six sessions as this is not a drop-in workshop)

For more information and to register for the workshop, contact Jessica Sheets-Polk County Health Department at 515-323-5234 or email:

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