

Living Well with Chronic Conditions classes slated

by Bend_Weekly_News_Sources

BEND, Ore. -- Do you or someone you know, live with a health condition that impacts your daily life? A six-week workshop for achieving a healthier way of living is offered in Sisters and Bend, and begins May 12 for people living with ongoing health conditions.

The Living Well with Chronic Conditions program was developed and tested at Stanford University and is designed to complement and enhance medical treatment and disease management of chronic illnesses such as arthritis, diabetes, asthma, heart disease, cancer, or some other chronic health conditions.

Through the series of classes, participants will learn what they can do to feel better and manage their condition more effectively. The Living Well with Chronic Conditions class is a workshop given once a week over a six-week period. Classes last 2 ½ hours each, are fun and interactive. Each participant receives a copy of the book, *Living a Healthy Life with Chronic Conditions*.

Who can participate?

People living with different chronic health problems are welcome to attend. Workshops are facilitated by two trained leaders, one or both who have a chronic condition themselves. Family members are also welcome to attend.

An example of topics covered in the class are:

- 1) Managing frustration, fatigue, pain and isolation;
- 2) Safe, easy exercise for maintaining and improving strength, flexibility and endurance;
- 3) Understanding new treatment choices and appropriate use of medications.

Living Well with Chronic Condition class schedule and cost:

May 12 to June 16, 10 a.m. to 12:30 p.m. - Episcopal Church, Sisters

May 14 to June 18, 2:30 to 5 p.m. - St. Charles Medical Center-Bend

June 3 to July 8, 5 to 7:30 p.m. - Deschutes County Services Center-Bend

One series of classes and the book costs each participant a total of \$10.

Living Well classes are sponsored by the Deschutes County Health Services Department, its community partners of local health and human service providers in partnership with the Oregon Department of Human Services.

To receive Living Well class information or to register for classes, please call 541-322-7430 or visit the Deschutes County Health Services Department website at www.deschutes.org/livingwell.

