



PUBLIC HEALTH PRESS RELEASE

PRESS RELEASE: 3/17/2010

LIVING WELL WITH CHRONIC DISEASE WORKSHOP

SECOND SESSION OF 2010 NOW OPEN FOR REGISTRATION

The Living Well with Chronic Conditions Workshop will again be offered ***Free***, for 6 weeks, starting on ***Monday April 5th, 2010 from 10AM to 12Noon, and continuing until May 10th, 2010. Please note the new dates, which were changed to accommodate some registrants: register soon! There is space for only 5 more registrants.***

Herkimer County HealthNet and Herkimer County Public Health invite Herkimer County residents, with chronic illnesses, over 18 years of age, to participate in the FOURTH group of an empowering new program, **The Living Well with Chronic Conditions Workshop**. **Three groups of over 30** participants have completed their program. The participants have been from all parts of Herkimer County, and attendance and satisfaction has been very high.

The Living Well with Chronic Conditions Workshop is an opportunity for people with different chronic diseases to learn the skills needed in the day-to-day management of treatment and to maintain and/or increase life's activities. The Program has been adopted by such groups as the National Health Service of England, the Diabetes Society of British Columbia in Canada, Kaiser Permanente, and Group Health Cooperative of Puget Sound. It has been used all over the world, following the training principles developed at Stanford University.

The Living Well with Chronic Conditions Workshop is a workshop given two and a half hours, once a week, for six weeks. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders. The certified Master

Trainers are Ms. Tia Lockwood, Health Educator at Herkimer HealthNet, and Gregory O'Keefe, Director of Herkimer County Public Health.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments.

Each participant in the workshop receives a copy of the companion book, ***Living a Healthy Life With Chronic Conditions, 3rd Edition***, and an audio relaxation CD, ***Time for Healing***.

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 active and fulfilling lives

Does the Program replace existing programs and treatments?

The Living Well with Chronic Conditions Workshop 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. 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.

People who took the Workshop, when compared to those who did not, demonstrated significant improvements in exercise, symptom management, communication with physicians, general health, health distress, fatigue, disability, and activities limitations. They also spent fewer days in the hospital, and there was also a trend toward fewer outpatient visits and hospitalizations. Many of these results persist for as long as three years.

HOW TO PARTICIPATE: please contact Tia Lockwood at (315) 768- 4108 or at lockwoodtia@yahoo.com or Gregory O'Keefe at gokeefe@herkimercounty.org

Participation is limited, so please register soon!