



History

Living Well, Chronic Disease Self-Management program, was first developed in 1991 at Stanford University involving several hundred people. This study and more than 50 more since have found that people who take this program, generally have better quality of life, exercise more, usually utilize health care less and have fewer symptoms such as depression and shortness of breath.

We currently have five different programs to choose from:

- Living Well with Chronic Disease
- Living Well with Diabetes
- Living Well with Chronic Pain
- Cancer: Thriving & Surviving
- Tomando Control

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Chronic Disease Self-Management

Start Living *Well*

Gain the confidence to better manage your health conditions.



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Living Well

When you have a chronic condition, it may seem like pain, fatigue, medications and doctor's visits rule your life. Living Well with Chronic Conditions is a proven and effective program to give you confidence to manage your health. Classes are held for two and a half hours once a week for six weeks. Learn and share with others that understand your health issues.

This program is for adults with chronic health issues and those that care for them.

Living Well with Chronic Disease

Living a healthy life with one or more chronic conditions involves learning self-management skills to help you function at your best, regardless of your chronic condition. This class gives you practical skills and tools to help manage symptoms, set goals, problem solve, stay active and enjoy life.

Living Well with Diabetes

Learn skills to help you with the life changes and emotions that come up with living with diabetes or pre-diabetes. You will develop tools to increase confidence to manage your diabetes and prevent or delay serious complications.

Cancer: Thriving & Surviving

In this six week class, you will learn skills to help you regain a sense of empowerment and live a quality life, including how to cope with fear of reoccurrence, depression and fatigue. Share and learn from other cancer warriors.

Living Well with Chronic Pain

Managing chronic pain is a daily challenge that requires so much energy and effort. In this class, you will develop skills to help you take charge of your pain so that pain doesn't control your life. Share and learn from others that live with chronic pain as you learn problem solving skills, symptom management, how to deal with difficult emotions and other skills to help you live a fulfilling life.

Tomando Control

Para tener una vida sana, las personas que tienen una o más enfermedades crónicas tienen que aprender habilidades de autogestión para poder funcionar lo mejor posible en cada momento. Esta clase les enseñará habilidades prácticas y herramientas para manejar los síntomas, establecer metas, resolver problemas, mantenerse activo y disfrutar de la vida.