



ATLANTA REGIONAL COMMISSION



Living Well: The Stanford University Chronic Disease Self-Management Program or Diabetes Self-Management Program

Do you have people in your organization who struggle with chronic conditions or diabetes? This is a special invitation to offer this **6-week program** to help them enjoy a healthier life.

Living Well means coping with ongoing health conditions such as:

Tense Muscles · Stress / Anxiety · Difficult Emotions · Fatigue · Shortness of Breath · Pain

***Living Well* Workshops teach:**

- ✓ Practical techniques to deal with chronic symptoms
- ✓ How to have better control over health problems, and life itself
- ✓ Improved strength, flexibility, and endurance capabilities
- ✓ Effective ways to communicate with family, friends, and health professionals
- ✓ Successful decision-making and goal-setting procedures
- ✓ Healthy eating, including reading and interpreting food labels tips
- ✓ Approaches to quality relaxation and getting a good night's sleep
- ✓ How to develop workable action plans that result in goal achievement
- ✓ And much more!

These workshops are designed for adults with any chronic condition(s) such as diabetes, heart disease, arthritis, COPD, etc.. Sessions are **2½ hours long, once a week for six weeks.**

Living Well Workshops were developed at the Stanford Patient Education Research Center to help people feel better, be in control, and live their life to the fullest!!!

For more information, contact:

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