



Registration is now open for this free Chronic Disease Self-Management Program in Manassas.

If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, obesity, depression, pain or other chronic condition, the Live Well, series can help you take charge of your life. This Chronic Disease Self-Management Program is a workshop series given two and a half hours, once a week.

Classes will be held at Independence Empowerment Center (IEC) on these Tuesdays: November 13, 20, and 27 and December 4, 11 and 18, 2018; from 9:30-noon; across from the Prince William Hospital (Novant Health/UVA Health System). Our address is 8409 Dorsey Circle, Suite 102, Manassas, VA 20110

This program is for you if you

- are an adult with an ongoing health condition or a disability
- want to live the best life possible, with your condition or disability
- would like to gain a sense of control when dealing with issues caused by your condition or disability
- are a caregiver for a person with a chronic condition or disability

At the workshops, you will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Specifically, we will discuss:

- Managing symptoms
- Medication "how-to"
- Working with your healthcare team
- Setting weekly goals
- Effective problem-solving
- How to relax & handle difficult emotions
- Tips for eating well and increasing activity

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.

This program is completely FREE! But space is limited.

For more information and to register, please contact Ms. Ewell or Shannon at 703-257-5400 or write Shannon at sstraughn@ieccil.org.

