

## Staying Healthy at Home with The Dallas Area Agency on Aging



### **Chronic Disease Self-Management Virtual Workshop**

Do you have a chronic health condition, or do you know someone who does? Our Chronic Disease Self-Management Program helps those living with a chronic health condition improve their general health.

This workshop helps participants:

- Find practical ways to deal with pain, fatigue, and stress
- Discover better nutritional and exercise choices, understand decision making process and learn how to get a good night's sleep
- Learn better ways to talk to your doctor and family about your health
- Set weekly action plans, problem solve health issues, and get much needed support

This 6-week workshop meets over a virtual Zoom class once a week for 2.5 hours. Participants that attend the workshop will receive a free copy of the Living a Healthy Life with Chronic Condition book, and a Relaxation for Mind and Body CD.

**To register for a program or get more information [click here:](#)**

**Questions:** Email: [empoweryou@ccgd.org](mailto:empoweryou@ccgd.org)

**Main number:** 214-871-5065 and ask for An Evidence Based Team Member.