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The Living Well Program...

...developed by Stanford University, addresses healthy ways to cope with the frustrations of living with a chronic disease. The program is a series of workshops that meet for six consecutive weeks for 2½ hours. Workshop leaders have attended the Stanford-designed leaders training course. Participants will learn about:

- Taking more control over their health.
- Techniques to deal with pain, fatigue and isolation.
- Improved strength, flexibility and endurance.
- Ways to communicate with family, friends and health professionals.
- Enhanced support from others.

If you have an ongoing health condition such as diabetes, arthritis, fibromyalgia, high blood pressure, asthma, emphysema, heart conditions or multiple sclerosis, this program may be for you. This program is for any person of any age who has one or more chronic conditions. A friend, caregiver or relative is welcome to attend the course with the participant. He or she will benefit from the problem-solving skills related to managing chronic conditions.

Benefits reported by past participants include better coping strategies and symptom management, better communications with their physicians, decreased disability, more energy and less fatigue, fewer hospitalizations and improvement in self-rated health and social activity

This program does not conflict with or replace existing programs or treatment. It is designed to enhance regular treatments and disease-specific education, such as Better Breathers, Cardiac Rehabilitation and Diabetes Education.