

**Here is what
Participants Say about
Living Well:**

- “The class buddy system was so helpful! It was nice to know support was there.”
- “Learning relaxation techniques taught me to take more time for me.”
- I started eating better and walking and my sugars dropped dramatically!
- “The book that comes with the class is such a great resource.”



Enjoy your Life!

To register for Living a Healthy Life with Chronic Conditions workshop, or for updated information on workshop dates and locations, call: 508-269-9044

The MV Island Partnership for Health Program provides opportunities to meet with a health coach, try new cooking techniques, meet with a diabetes educator, work with stress reductions techniques, or exercise.



If you would like more information on the class schedule in September,

Please call or e-mail

dmaclair@gmail.com or call

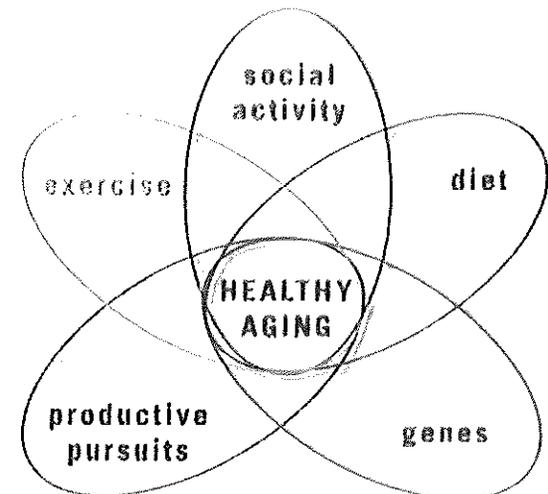
508-269-9044

My Life My Health

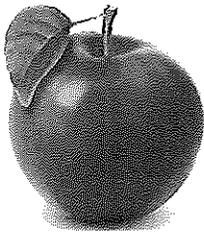
**Helping You Live a More
Healthful, Active and
Independent Life While
Living With A Chronic
Condition**

Starting On

September 13 2014



Living a Healthy Life with Chronic Conditions



The Chronic Disease Self-Management Program, *Living a Healthy Life with Chronic Conditions*, is an interactive workshop given two and a half hours, once a week for six weeks.

People with different chronic health problems attend together. Subjects

covered in include

- Stress management
- Exercise & Stability
- Medication Management
- Effective Communication
- Healthy Eating
- Decision Making
- Creating Your Care Team
- Breathing Techniques
- Action Planning
- Problem-solving
- Sleep
- Understanding Emotions
- Working with Health Professionals

The My Life, My Health Workshop has been proven to improve the quality of life for millions of people and reduce health care costs.

The Chronic Disease Self-Management Program is a participant education program developed by Stanford University and offered in communities in the United States and several other countries. Participants are adults experiencing chronic health conditions such as:

- Hypertension
- Asthma
- Heart Disease
- Stroke
- Diabetes
- Chronic Pain
- Lyme Disease and others

Family members, friends and caregivers can also participate. The program provides information and teaches practical skills on managing chronic health problems. *My Life, My Health* also gives people the tools and motivation they need to manage the challenges of living with a chronic health condition.

This project is funded by the Martha's Vineyard Hospital Community Health Initiative Grant.

The fall schedule begins on Saturday, September 13 at 10:00 am and runs through October 25, 2014. (Columbus Day weekend off)

How to participate:

Simply complete the pre-registration form and mail it to the address below before August 26. You will be contacted to confirm your registration.

Name:

Address:

Phone:

E-mail:

Questions or comments:

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