

# Chronic Disease Self-Management



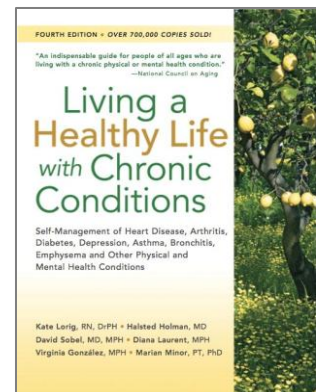
## Program Overview

The Stanford Chronic Disease Self-Management Program, known as “Living Well with Chronic Conditions” in Minnesota, is a group workshop designed to enable participants to build confidence in managing their chronic conditions and maintaining their health.

Living Well with Chronic Conditions is a six session workshop that meets once a week for six weeks. It is designed to help anyone 18 years or older with long-term health conditions, such as Arthritis, diabetes, asthma, high blood pressure, heart disease, cancer, chronic pain, anxiety, depression, and others who feel limited in their day to day activities, tired, alone, or fearful, and is looking for better ways to manage symptoms.

An emphasis on self-management tools such as problem-solving, decision making, and action planning puts the focus on the participants’ ability to manage their ongoing conditions. Participants report that it is very helpful to meet others in similar situations and share strategies and solutions to common problems.

The Living Well with Chronic Conditions program is an evidence-based education program offering a unique combination of elements. The scripted curriculum and the intricately detailed training material, have guaranteed its consistency and quality.



Living Well with Chronic Conditions is a program you can count on to make a positive difference in your life.

### ***To learn more contact:***

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