

Living Well



Free

Chronic Disease and Diabetes Self-management Workshops

Six week workshops for people living with chronic conditions including, but not limited to, Asthma, Arthritis, Cancer, COPD, Chronic Pain, Diabetes, and Heart Disease

What is Chronic Illness?

A chronic illness is one that many people must learn to live with for many years. Chronic illnesses and conditions may cause you to lose physical conditioning and suffer problems over many years. Some examples of chronic illnesses are lung disease, heart disease, arthritis, stroke, chronic pain, diabetes, hypertension, and obesity. Those with depression and anxiety can also benefit from the workshops.

This is an evidence based program developed by Stanford University and, in WV, sponsored by Marshall University Center for Rural Health.

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Workshop Overview:

The Chronic Disease Self-Management and Diabetes Self-Management Programs teach you to get the most out of life with a chronic condition. The workshops build confidence and teach practical skills for managing health, staying active, and enjoying life.

The workshops help you:

- Take day-to-day responsibility for your health
- Work more effectively with your healthcare team
- Learn problem solving and decision making skills which enable you to confront the challenges of living with chronic conditions.

Workshop Details:

- Each workshop is 2 hours, once a week for 6 weeks.
- Workshops are taught by 2 trained instructors. Instructors may be survivors, support persons or health care professionals.
- The workshops are offered in small groups or 8-15 participants.
- Participants may include persons with chronic illness, family members, survivors, or caregivers.
- Each participant receives a workbook and program materials free of charge.

Berkeley County Health
Department

400 West Stephen Street, #204
Martinsburg, WV 25401
Phone: 304-267-7130
Fax: 304-263-8274
Email: denise.m.ryan@wv.gov



Programs are FREE and Open to All

For more information or to register, please call:

304-267-7130

For more info:

www.selfmanagementonline.org or

www.livewell.marshall.edu/SelfManagement