



# Living Well *with* CHRONIC CONDITIONS

## Virtual Chronic Disease Self-Management Program

The Living Well with Chronic Disease Self-Management Program will empower you to take charge of your health, giving you the tools to better manage your health so you can feel better, be in control and do the things you want to! The program has been developed by Stanford University and is evidence based.

**FREE AND OPEN TO ALL.**

*The program is offered via zoom and is a 2 ½ hour session one time a week for 6 weeks. Deadline to register November 12, 2025.*

### You will learn how to:

- ✓ Deal with frustration, fatigue, pain, isolation, stress and poor sleep
- ✓ Exercise safely and effectively
- ✓ Deal with difficult emotions
- ✓ Make healthy food choices
- ✓ Develop an action plan
- ✓ How to work with your health care team and much more

For more information or to register call 304-264-1287, ext. 231814 or email Dana DeJarnett at [dana.dejarnett@wvumedicine.org](mailto:dana.dejarnett@wvumedicine.org)

**Date: Mondays, November 17 – December 22, 2025**

**Time: 5:30-7:30pm**

**Location: Virtual, via Zoom**