



Chronic Disease Self-Management Program

Join us for a **FREE** 3-day Workshop LEADER TRAINING

September 22nd - 24th 2014

9am to 4pm

Randolph County Senior Center

5th Street & Railroad Ave, Elkins WV. 26241

Contact Jeremy Wanless, Prevention Coordinator, to register

(304) 702-2342 or Jeremy.S.Wanless@wv.gov



The Chronic Disease Self-Management Program is offered by trained leaders and are for people with one or more chronic conditions along with their caregivers. Leader training is geared toward individuals wanting to make a change within their community or organization by educating the public on self-management skills to battle chronic symptoms.

Workshop Content Includes:

- * Techniques to deal with problems such as fatigue, pain and isolation.
- * Appropriate exercise for maintaining and improving strength, flexibility and endurance.
 - * How to relax and handle difficult emotions.
- * Communicating effectively with family, friends and health professionals
 - * Tips for eating well
- * Setting weekly goals and effective problem solving.

