

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Chronic Disease Self Management Program

Date and Time

Weekly on Tuesday at 12:00am for 6 times

Event Region

Prince William/Fauquier Area

Event Type

Class

RSVP Info

571-494-5577

Event Cost

\$0.00

Event Description

Project Mend-A-House, Neighbors Helping Neighbors, is sponsoring a free Chronic Disease Self-Management Program at Woodbridge. If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, obesity, depression, pain or other chronic condition, the Live Well, Workshop series can help you take charge of your life. This Chronic Disease Self Management Program is a workshop series given two and a half hours, once a week, for six weeks. The next class in Woodbridge starts on May 9 at the Senior Center at Woodbridge from 930a-12p. May 9th through June 3rd. Must be adult. At the workshops, you will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Program is free but space is limited. To register, contact Jodie Houser at jodie@pmahweb.org or call her cell at 571-494-5577.