



**Montana: Living Life Well Workshops Help Stillwater County Residents
Live Better with Chronic Conditions**
*Sessions help people reduce pain, increase energy,
and take control of their health*

**The next six week Chronic Disease Self Management course
begins January 8th, 2014 from 1 to 3:30 pm
at the Columbus Senior Citizen's Center**

For people with chronic health conditions, good medical care is just half of the equation. Equally important is their ability to make healthy decisions, follow their doctor's recommendations, and take care of their condition.

Montana: Living Life Well Chronic Disease Self-Management Program, a workshop offered in Columbus, teaches people with chronic health conditions to live life well by learning to self manage their chronic health conditions. Participants have less pain, more energy and fewer hospitalizations. Soon we look forward to offering the class in other communities in Stillwater County.

The free workshop will be offered at the Columbus Senior Citizens Center for adults, and/or caregivers, of all ages who have a chronic disease. A \$25.00 charge for books will be refunded if the book is returned in good shape. Chronic diseases are lifelong health conditions and include diabetes, arthritis, HIV/AIDS, high blood pressure, depression, heart disease, chronic pain, anxiety, multiple sclerosis, fibromyalgia and others. For many of us, as we age, we develop a collection of problems/changes and thus aging can be considered a chronic condition.

The Centers for Disease Control and Prevention calls chronic diseases the most common, costly and preventable of all U.S. health problems. They are also the leading causes of death and disability; responsible for seven out of ten deaths each year.

The good news is that people who know how to take care of their chronic health conditions can live successfully with their disease. "*The Montana: Living Life Well Chronic Disease Self-Management Program*" workshops are a wonderful complement to medical care; equipping people to live well outside the doctor's office so they can make the most of their treatment and live the lives they want."

"*Montana: Living Life Well Chronic Disease Self-Management Program*" workshops are delivered in six two-and-a-half hour weekly sessions. They are facilitated by two certified leaders; either one or both are non-health professionals, have a chronic disease themselves, or possess life experience resulting in empathy to the needs and abilities of people with chronic health conditions.

Heidi Marshall is one of the present facilitators. She says “In taking the course myself I found that it had much to offer in helping develop ways of coping with the conditions I live with. I became involved as a trainer because I enjoy helping people find ways of maximizing their abilities rather than focusing on their inabilities.”

Laurie Carrel, Clinic Director of the Stillwater Wellness Clinic is also a trained facilitator. She says “Our Mission Statement at the Clinic is to provide information, education and integrated therapies to enhance the health and well-being for adults and children of our community. This class follows along the principles and I am grateful to be able to share this education with the public as a tool in their well-being.”

During the six-week session, participants receive support from trained leaders and other workshop participants, learn practical ways to manage their pain and fatigue, learn about nutrition and exercise options, understand new treatment choices and learn better ways to communicate and problem solve about their conditions with doctors and family members.

“Montana: Living Life Well Chronic Disease Self-Management Program” was created by Stanford University’s Patient Education Research Center and is supported by the Montana Department of Public Health and Human Services. Montana’s goal is to put healthy options within reach of all Montanans, and offering these self-management workshops is a way to ensure that people with chronic diseases have the support they need to access those options and live well.

For information on workshops in your area, visit <http://www.dphhs.mt.gov/arthritis/selfmanagement.shtml> or call [Stillwater Billings Clinic Community Health Services](http://www.dphhs.mt.gov/arthritis/selfmanagement.shtml) at 322-1070.

Space is limited so please call 322-1070 to reserve your spot.