

## **Chronic Disease Self-Management Workshop, Manassas Senior Center**

Date and Time

Weekly on Wednesday at 8:30am for 6 times

Event Region

Prince William/Fauquier Area

Event Type

Class - Workshop

RSVP Info

571-241-3925 or [jhouser@pwcgov.org](mailto:jhouser@pwcgov.org)

Event Cost

\$0.00

Event Description

The Prince William Area Agency on Aging is offering another FREE "Live Well with Chronic Conditions" workshop at the Manassas Senior Center at the beginning of March. This is the Chronic Disease Self-Management Program with the focus on how to manage your physical and mental health conditions so you can live a better quality of life. In this workshop, participants learn practical coping strategies and skills to manage their health conditions. This workshop is an interactive group format where we share ideas, brainstorm and problem solve as we learn to use various tools to control our pain, manage our medications, talk with our doctor, improve our activity level and nutrition, and manage our stress, emotions and other symptoms of our chronic conditions. By doing so, we have better days where we are more confident in our ability to manage our health and enjoy an active and fulfilling life. This workshop is a 1 day a week for 6 weeks with 2 and half hours each day. Participants receive a free workbook with helpful information regarding their health and exercises to do to improve your strength, flexibility and balance. We also provide a break during the workshop with healthy snacks and water and a certificate at the end of the program when completed. To register or for more information: Call Jodie Houser, Program Coordinator at: 571-241-3925 Or email at: [jhouser@pwcgov.org](mailto:jhouser@pwcgov.org) Space is limited .