

Road to Healthier Living

Registration Form

For more information or to request enrollment at a location nearest you, please fill in, tear out, affix postage, and mail this portion.

Name _____

Address _____

City/State _____

Zip _____

Phone _____

Email _____

☐ English ☐ Español ☐ Tiếng Việt

Preferred Language



Session Content

Sessions begin every few weeks at convenient locations.

SESSION 1

Differences Between Acute and Chronic Conditions

- Using Your Mind to Manage Symptoms and Distraction
- Introduction to Action Plans

SESSION 2

Feedback and Problem Solving • Dealing with Difficult Emotions • Introduction to Physical Activity and Exercise • Action Plans

SESSION 3

Feedback and Problem Solving • Better Breathing • Muscle Relaxation • Pain & Fatigue Management • Endurance Activities: How Much is Enough? • Action Plans

SESSION 4

Feedback and Problem Solving • Future Plans for Health Care • Healthy Eating • Communication Skills • Problem Solving • Action Plans

SESSION 5

Feedback and Problem Solving • Medication Usage • Making Informed Treatment Decisions • Depression Management • Positive Thinking • Guided Imagery • Action Plans

SESSION 6

Feedback and Problem Solving • Working with your Health Care Professional and the Health Care System • Looking Back and Planning for the Future

Road to Healthier Living

Learning to Manage Your Own Health



A six-session, peer-taught, self-management program for people living with Diabetes or Chronic Disease.

York City Bureau of Health



Public Health
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Road to Healthier Living

What is this program?

A six-session, peer-taught health education workshop for persons with chronic conditions. It aims to:

- Help individuals take day-to-day responsibility for their care.
- Increase skills necessary for individuals to manage their diseases and work effectively with their health care professionals.

Patients will learn program-solving and decision-making skills which enable them to confront the ever-changing challenges of living with a chronic illness. The course is facilitated by two leaders, one or both of whom are trained peers who themselves have a chronic condition.

How will this workshop help me?

- Manage fatigue
- Learn how to eat healthier
- Deal with anger, depression, and other negative responses
- Develop and maintain long-term exercise programs
- Develop decision-making and problem-solving skills
- Communicate with family/friends/physicians

For More Information:

(717) 854-5090

sunderko@yorkcity.org

Workshop Features:

- **The workshop is offered free of charge.** Registration is required as class sizes are limited.
- The workshop enhances disease specific programs such as diabetes education or cardiac rehab.
- While a variety of skills and coping actions are presented, participants choose the ones they want to use.

Who can take part?

Anyone with chronic health conditions is welcome, and feel free to bring a family member or friend. We help individuals with the following conditions, but not limited to:

- | | |
|----------------------------|----------------------|
| • Asthma | • Depression |
| • Arthritis | • Emphysema |
| • Cancer | • Fibromyalgia |
| • COPD | • Heart Disease |
| • Congestive Heart Failure | • Lung Disease |
| • Chronic Fatigue Syndrome | • Multiple Sclerosis |
| • Diabetes | • Obesity |
| | • Parkinsons |
| | • Stroke |

The York City Bureau of Health

ATTN: Chronic Disease Self Management Program

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