



**NEWS RELEASE**

<b>Immediate Release</b>	<b>CONTACT:</b> Tracy Styka Mahoning County District Board of Health (330) 270-2855 ext. 109 tstyka@mahoninghealth.org
	<b>DATE:</b> October 24, 2014

**Healthy U  
Chronic Disease Self-Management Program**

The Mahoning County District Board of Health is sponsoring the *Healthy U, Chronic Disease Self-Management Program*. The *Chronic Disease Self-Management Program*, developed by Stanford University School of Medicine, is a 2 ½ hour workshop, which takes place once a week for six weeks. People with different chronic health problems attend together. Classes are interactive, where mutual support and success help to build confidence in the ability to self-manage one’s health and to help maintain active and full lives.

Subjects covered include: 1) techniques to deal with frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and an audio relaxation CD, *Relaxation for Mind and Body*.

The next class will be starting on November 5 from 6PM to 8:30 PM at St. Luke Catholic Church in Boardman. The program is offered free to any Mahoning County resident who lives with a chronic illness or life-long condition, such as diabetes, asthma, arthritis, heart disease, or hypertension.

Registration is required for attendance. Call 330-270-2855 ext. 109 for more information or to register.

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