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## **Chronic Disease Self -Management Workshop**

Date and Time

Weekly on Thursday at 1:00pm for 6 times

Event URL

<https://www.loaa.org>

Event Region

Roanoke Valley

Event Type

Workshop

RSVP Info

Ann Hodges 540 761 9046 or [cdsme@loaa.org](mailto:cdsme@loaa.org)

Event Cost

\$0.00

Event Description

Free Chronic Disease Self Management Workshop for individuals living with high blood pressure, diabetes, arthritis, COPD, depression, fibromyalgia, MS or heart disease - or for caregivers. During this free 6 week workshop you will learn a variety of self-management skills to help you maintain and/or increase your daily activities or provide better care for your loved one. What you learn will enhance the treatment plan recommended by your health care provider. Topics include Action Planning, Problem solving, Managing fatigue and pain, Healthy eating, Low impact exercise, communicating with your family. Contact Ann Hodges at 540-761-9046 for more information.