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[Live Well, Virginia! Chronic Disease Self-Management Workshop](#)

Date and Time

Tuesday 10/2/2018 1:00 to 3:00pm

Event URL

[The Center](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Live Well, Virginia ! Chronic Disease Self-Management Workshop. Live Well, Virginia! workshops empower adults to achieve a better quality of life while living with health conditions like heart disease, diabetes, arthritis, chronic pain, depression, memory loss and much more. The workshop which includes the book "Living a Healthy Life with Chronic Conditions", helps you build skills and gain confidence to better manage chronic conditions and take control of your health. Some topics covered include how to manage symptoms such as pain, fatigue and stress; problem-solving; how to increase your physical activity and more. Free and open to the community. Space is limited. Register online or by calling The Center Welcome Desk at 434-974-7756. This workshop is a partner program with JABA, Anthem and The Center.

Event Image or Sponsor Logo

Image

*Live Well,
Virginia!*

