

## Live Well, Virginia!, Chronic Disease Self-Management Program, Fredericksburg

Age Requirements

60+

Available 24/7

No

Documents Required

Call for details

Intake Contact

Marlitt Pelaez

Intake Contact Email

mpelaez@healthygenerations.org

Intake Process

Call or email for information or request information through Direct Connect.

Intake Contact Telephone

(540) 220-0587

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Healthy Generations Area Agency on Aging

<https://healthygenerations.org>

<https://www.facebook.com/RappahannockAreaAgencyonAging/>

Main

(540) 371-3375

Fredericksburg Baptist Church

1019 Princess Anne Street

22401 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

The Chronic Disease Self-Management Program (CDSMP), is a six-week, two-and-a-half-hour workshop that offers tools and information to help people manage their chronic conditions and participate more fully in life. Through this supportive interactive workshop, often led by others with chronic conditions, participants learn about a variety of topics, such as:

- Healthy eating and exercise,
- Evaluating new treatment choices,
- Appropriate use of medications,
- Effective ways to talk with healthcare professionals and loved ones.

Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Service Area(s)

Caroline County

,

Fredericksburg City

,

King George County

,

Spotsylvania County

,

Stafford County