

Put life back in your life: Living well with the Chronic Conditions Workshop

Written by
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Frequent blood testing to monitor blood glucose levels is necessary for many people with Type 1 diabetes

Image courtesy of the National Institutes of Health.

Do you or a loved one have a chronic disease, such as diabetes, high blood pressure, arthritis, or heart disease, and do you feel limited by it? Do you feel like you're spending too much time with the doctor or at the hospital? The *Living Well with Chronic Conditions* workshops will teach you how to self-manage your disease so you start to feel better.

The Minnesota Academy of Family Physicians Foundation and the Minnesota Department of Health are co-sponsoring a series of six free weekly *Living Well with Chronic Conditions* workshops. Workshops take place 1 pm - 3:30 pm on Thursday, June 18 and 25, and Thursday, July 9, 16, 23, and 30. People who live and work in New Hope, Golden Valley, Crystal, Brooklyn Center, Brooklyn Park, Plymouth, and other nearby communities are encouraged to pre-register. The workshops will be hosted at Messiah United Methodist Church, 17805 County Road 6, Plymouth, MN, 55447. Class size is limited.

"I see patients and their families so overwhelmed with their chronic diseases that they aren't able to fully enjoy their lives," said Dawn Blomgren, M.D., Family Physician at Northwest Family Physicians. "They may be feeling a loss of control over things. We wanted to partner with other organizations to offer the *Living Well with Chronic Conditions* workshops to patients. Research on this program has shown participants are able to manage their symptoms better and

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communicate more easily with their doctors and family. We can empower people and help them feel better, be in control, and do the things they want to do.”

Participants will learn how to manage their symptoms; get started with healthy eating and exercise; communicate effectively with their doctor and health care team; manage their fear, anger and frustration; make daily tasks easier; and get more out of life. These workshops are for people who have arthritis, asthma, high blood pressure, anxiety, chronic pain, diabetes, heart disease, HIV/AIDS, lung disease and/or any other chronic conditions that require ongoing care.

To pre-register and get more information about this series of free workshops, contact Lynn Balfour at the Minnesota Academy of Family Physicians Foundation: (952) 224-3873 or works@mafpa.org