**Living Healthy Workshops**

**Chronic Disease Self– Management Program (CDSMP)**

**Diabetes Self-Management Program (DSMP)**

Each interactive health education program is a series of **free** workshops for anyone living with a chronic condition and/or caring for someone with a chronic condition who would like to:

* Better manage their health
* Maintain a full and active life
* Work more effectively with their health care professionals
* Learn new skills which enable them to confront challenges of living with chronic disease
* Improve their quality of life.

**People who have taken a Living Healthy workshop report:**

* Increased energy
* Increased physical activity
* Better management of stress
* Better management of pain
* Increased participation in activities
* Less time in the hospital
* Improved communication with their health care providers
* Increased confidence in their ability to manage their condition(s)

Living Healthy workshops are **FREE** and participants receive a copy of the companion book, “*Living a Healthy Life with Chronic Conditions”.* The workshop seriesconsists of six, 2½ hour classes held weekly which are facilitated by two trained Peer Leaders, one or both of whom are living with a chronic disease. **Participants must pre-register.**

**To find / register for a Living Healthy** workshop visit <https://ceacw.org/find-a-workshop> and enter your zip code.  We are continuously adding more workshops, so check back frequently. If you have questions or would like to host a Living Healthy series at your site, please contact Kelly Asher at (716) 858-8081 or [**Asherk@erie.gov**](mailto:Asherk@erie.gov).