



# NEWS RELEASE



<b>FOR IMMEDIATE RELEASE</b> <b>DATE: January 7, 2015</b>	<b>Contact:</b> Tracy Styka
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## HEALTHY U Chronic Disease Self-Management Program

The Mahoning County District Board of Health is sponsoring the *Healthy U, Chronic Disease Self-Management Program*. The program developed by Stanford University School of Medicine is a 2-½ hour small group workshop which takes place once a week for six weeks. People with different chronic health problems attend together. Classes are interactive where mutual support and success helps to empower class participants to self-manage their health and maintain active and full lives.

Some subjects covered include: techniques to deal with frustration, fatigue, pain and isolation; appropriate exercises for strength, flexibility, and endurance; appropriate use of medications; communicating effectively; nutrition; decision making; and how to evaluate new treatments. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions*, and an audio relaxation CD.

The next class starts on Saturday, January 24, 2015 from 9:30 AM to 12 Noon at the Davis YMCA in Boardman (YMCA membership is not required for participation). Classes will finish on February 28. The program is offered free to anyone who lives with a chronic illness or life-long condition, such as diabetes, asthma, arthritis, heart disease, or hypertension.

Registration is required for attendance. Call 330-270-2855 ext. 109 for more information or to register.

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