



NEWS RELEASE



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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 was developed by Stanford University School of Medicine. It 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 education 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 Thursday, August 13, 2015 from 6-8:30 PM at Zion Lutheran Church in Youngstown. The class will meet six times, concluding on September 24. The program is offered to anyone who lives with a chronic illness or life-long condition, such as diabetes, asthma, arthritis, heart disease, or hypertension.

The program is free but registration is required. For more information or to register, call 330-270-2855 ext. 109.

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