

WESTERN SIERRA MEDICAL CENTER OFFERS FREE SIX-WEEK CLASS ON LIVING WITH CHRONIC HEALTH CONDITIONS

GRASS VALLEY – People living with chronic health conditions face challenges every day, from dealing with anger and depression to handling simple tasks others often take for granted.

Now a free, six-week class will help people learn to cope with their chronic conditions such as arthritis, asthma, diabetes, emphysema, heart disease, high-blood pressure and many others. The Healthier Living with Chronic Disease class begins 6 p.m. March 5 in the community room at Western Sierra Medical Center, 844 Old Tunnel Road in Grass Valley.

The 2 ½-hour class meets once a week every Thursday through April 9. People with chronic health conditions will learn how to manage symptoms, reduce pain, stay active and improve their health during the interactive workshop.

“Chronic health conditions are a serious issue for so many people in our region,” says Chris Grace, a medical assistant at Western Sierra and the lead coordinator for the six-week course. “We want to help those with a chronic illness learn how to enjoy and live a productive life.”

The class is originally based on a five-year study conducted at Stanford University and has expanded to include input from medical professionals and those living – and dealing – with chronic health conditions. The class will address numerous issues, from exercise and healthy eating to finding resources and support.

“Living with a chronic illness is about education and learning how to self-manage your condition,” says Grace, who adds all of the presenters for the six classes had four days of training in order to become certified by Stanford University to teach the course. “The class is not disease-specific, but provides general tips and very helpful information.”

People attending the six-week class will also receive a free copy of *Living a Healthy Life with Chronic Conditions* and an accompanying CD.

“This class was life-changing for me,” says Barbara M, who attended a previous class offered by Western Sierra. “I learned so many things.”

The free class and materials are made available thanks to a generous grant from the California Arthritis Foundation.

The class is open to the community, and those attending do not need to be Western Sierra patients. If interested in attending the class, please call Chris Grace at 530-274-9762 ext. 140 or email chrisg@wsmcmed.org as soon as possible. Space is limited.

About Western Sierra Medical Center

Western Sierra Medical Center provides comprehensive medical, dental and behavioral health care in Nevada, Sierra and Yuba counties. Founded in 1975, Western Sierra emphasizes preventive care, education and empowering patients to make informed decisions. Western Sierra provides services for the HMO and private markets, and to low-income and senior citizens. Western Sierra is the largest outpatient health care provider in Nevada County, where a new full service health center will meet growing demands in the community. You can learn more about Western Sierra Medical Center at www.wsmcmed.org and on Facebook at www.Facebook.com/WesternSierraMedicalCenter.