

THE UNION
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Free programs to help people cope with chronic conditions, diabetes start Aug. 6 in GV

Two free, six-week classes start next month in Grass Valley to help people cope with chronic conditions such as arthritis, asthma, diabetes, heart disease, high-blood pressure and numerous others illnesses.

The two classes both start on Aug. 6 in the community room at Western Sierra Medical Clinic, 844 Old Tunnel Road.

The first class, Chronic Disease Self-Management Program starts 10 a.m.

The second class, Diabetes Self-Management Program for people with Type 2 diabetes starts 2 p.m.

Both classes last about 2 ½-hour classes. The two classes will meet once a week every Thursday through Sept. 10.

Those enrolled are encouraged to attend all six classes of their respective programs.

“People with chronic health conditions, including diabetes, will learn how to manage symptoms, reduce pain, stay active and improve their health during the six-week programs,” said Chris Grace, a medical assistant at Western Sierra and the lead coordinator for the two programs.

“People with chronic health conditions, from the pain of arthritis to the debilitating effects of emphysema, must learn how to deal with their chronic illnesses,” Grace said. “The classes will help people understand how to self-manage their conditions and enjoy a more productive life.”

The classes were originally based on a five-year study conducted at Stanford University, but have expanded to include information from medical professionals and those living—and dealing—with chronic health conditions. All of the presenters for the classes had four days of training in order to become certified by Stanford University to teach the course.

The chronic conditions class is not disease-specific, but provides general tips on coping with a chronic condition, from diet and exercise to finding resources and support groups.

The Diabetes Self-Management Program focuses on diabetes-related issues, including symptoms, fatigue, pain and even working more effectively with health care providers.

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

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.