

WESTERN SIERRA MEDICAL CLINIC OFFERS FREE SIX-WEEK PROGRAM TO HELP PEOPLE COPE WITH CHRONIC CONDITIONS, DIABETES

GRASS VALLEY— Learning how to live with a chronic health condition requires much more than checkups and medications. People must also deal with anger, depression or even how to handle simple everyday tasks.

Two free, six-week classes put on by Western Sierra Medical Clinic will help people learn to cope with chronic conditions such as arthritis, asthma, diabetes, heart disease, high-blood pressure and numerous others illnesses.

The Chronic Disease Self-Management Program starts 10 a.m. Thursday, Aug. 6, in the community room at Western Sierra Medical Clinic, 844 Old Tunnel Road in Grass Valley.

The Diabetes Self-Management Program for people with Type 2 diabetes starts 2 p.m. also on Thursday, Aug. 6, in the clinic's community room.

The 2 ½-hour 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.

About Western Sierra Medical Clinic

Western Sierra Medical Clinic 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 clinic meets the growing demands in the community. You can learn more about Western Sierra Medical Clinic at www.wsmcmed.org and on Facebook at www.facebook.com/WesternSierraMedicalClinic.