

How long is the program?

Each session of the six week program is approximately 2 hours once a week. The workshop sessions are held at the Ann Arbor VA Medical Center and at the Toledo CBOC. Veterans will receive a workbook, “*Living a Healthy Life With Chronic Conditions*”, and an audio relaxation CD.

What makes this program so effective?

The program is so effective because it focuses on active participation and mutual support. The goal is to build confidence to manage health, be active and live a fulfilling life. To be most effective, your participation in all six sessions is very important.

Take control of your health

For more information about the *Healthier Living with Chronic Conditions* workshop, call:

Patient Health Education Library

9:00 a.m. - 4:00 p.m.

Monday - Friday

734-845-5876

VA Ann Arbor Healthcare System
2215 Fuller Road
Ann Arbor, MI
(734) 769-7100 or
Toll Free 1-800-361-8387



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Approved: Sept. 2011

Healthier Living With Chronic Conditions

A Self-Management
Program



VA Ann Arbor
Healthcare System

Ann Arbor ♦ Flint ♦ Jackson ♦ Toledo

Living a Healthy Life

Ongoing health problems (or chronic conditions) are health problems that you usually have for the rest of your life. People who have ongoing health problems share similar challenges. This program will help you manage your health and maintain an active and fulfilling life.

How much does the program cost?

If you are normally charged a co-pay, there will be a co-pay for these workshops. To determine what the co-pay will be, check with the Eligibility clerk prior to your participation in the *Healthier Living with Chronic Conditions* workshop series.

Who is the program for?

Any Veteran who has ongoing health problems is welcome to attend. Feel free to bring a family member, friend or care-giver. Health problems may include:

- Asthma
- Arthritis
- Cancer
- COPD
- Congestive Heart Failure
- Diabetes
- Depression
- Fibromyalgia
- Heart Disease
- Obesity
- Multiple Sclerosis

What will I learn by attending the *Healthier Living* workshop series:

- Manage medications
 - Relax and enjoy life
 - Manage fear, anger, frustration
 - Deal with pain and fatigue
 - Eat for better health
 - Make daily tasks easier
 - Set manageable goals
 - Work with others
 - Find support and solutions to problems
 - Relax and manage stress
 - Work in partnership with your healthcare team
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