

## Press Release

Do you have arthritis? Diabetes? Heart Disease? A lingering condition that is causing you constant pain. You like many other adults could be suffering from a chronic health condition. The Wasatch County Health Department in conjunction with Mountainlands Association of Governments Aging Services is pleased to announce they will be holding the second session of Healthy Aging Classes. These classes are designed to help participants learn how to better manage their chronic health conditions to improve their health and well being. The Chronic Disease Self Management Program was designed by Stanford University and has shown that participants in the program improved their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians) improved their health status (self-reported fatigue, disability, health, social/role activities, and health distress), and decreased their days in the hospital. Those who have taken the class in Wasatch County have said they would "highly recommend the class to anyone suffering from chronic conditions" and that it was a "very beneficial program".

The class is held once a week for 2 hours for six consecutive weeks. Topics discussed are appropriate use of medication, communicating effectively, nutrition and exercise, relaxation/symptom management and others. The class is offered completely free of charge and will be held at the Wasatch County Senior Center. Space is limited so sign up today to reserve your spot. To register for the class please call Megan Warner at 435-657-3247 or Brandi Muhlestein at 801-830-5014. Start 2009