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News

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CHRONIC DISEASE SELF-MANAGEMENT PROGRAM OFFERS IMPORTANT HEALTH STRATEGIES TO DECKERVILLE RESIDENTS

Reduced Pain and Fatigue Among Many Benefits

Bay City, MI – Region VII Area Agency on Aging has announced an upcoming self-management class today, offering opportunities for people with chronic diseases like arthritis to take better control of their conditions.

The popular PATH Program is scheduled to begin Wednesday, September 7, 2011, at the Deckerville Community Center. The Deckerville series of workshops will meet on Wednesday afternoons from 1 pm to 3:30 pm for six weeks, in the handicap accessible Deckerville Community Center. This program is being offered as a partnership between Region VII Area Agency on Aging, Harbor Beach Community Hospital, and Deckerville Community Hospital. Both men and women are welcome to attend.

Developed by Kate Lorig, RN, PhD, at Stanford University, the program provides people with the skills they need to better manage diabetes, heart disease, lung disease, arthritis and similar conditions. Topics include ways to reduce stress, cope with fatigue, use medications wisely, benefit from exercise, and more. Classes meet once per week for six weeks.

All classes are taught by certified instructors, each of whom has completed in-depth training. In addition, results of the program are backed by research studies. In one study, participants in the PATH Program demonstrated significant improvements in exercise, symptom management, health distress levels, daily activities and

communication with physicians. The study also documented decreases in the need for doctor visits and hospitalizations.

There is no charge for attending the six week workshop. A workbook is provided, as well as a beverage, snacks, and gift incentives. To register for the September 7, 2011 workshop in Deckerville, or to be added to a mailing list so you're notified of future class schedules, contact Region VII at 800-858-1637 or visit the Region VII Web site at www.region7aaa.org.