



For Immediate Release Please

Date: June 8, 2017

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Taking Action For Health: FREE Workshops Offered

What: Free, “Taking Action for Health” Chronic Disease Management workshop

When: Wednesdays, 1:00pm to 3:30pm, July 5 through August 9, 2017

Where: St. Croix Regional Family Health Center, 136 Mill Street, Princeton, Maine

Princeton. Healthy Acadia, in partnership with St. Croix Regional Family Health Center, will offer a free, six-week "Taking Action for Health" workshop series at St. Croix Regional Family Health Center, 136 Mill Street, Princeton. Classes will meet weekly on Wednesday from 1:00pm to 3:30pm beginning July 5 and continuing through August 9, 2017. “Taking Action for Health” is Healthy Acadia’s Stanford Chronic Disease Self-Management Program, an evidence-based program to help those living with a chronic disease discover new tools for managing their chronic condition and maintain an active and fulfilling life.

“Taking Action for Health” is a free, interactive series that is open to anyone living with a chronic health condition, including heart disease, stroke, diabetes, cancer, obesity, arthritis, migraines, asthma, eating disorders, depression and more. Caregivers are also welcome. Participants will learn appropriate use of medications; how to evaluate new treatment options; appropriate exercise for maintaining/improving strength, flexibility and endurance; nutrition information; how to communicate effectively with family, friends and health professionals; techniques to manage frustration, pain, fatigue and isolation; and decision making processes. Visit <http://patienteducation.stanford.edu/programs/cdsmp.html> to learn more about "Taking Action for Health."

The process in which “Taking Action for Health” is facilitated makes it effective, even for those living with multiple chronic conditions. Classes are highly interactive - participants share their progress and successes and provide mutual support and encouragement. This helps increase participants’ self-assurance in their ability to manage their health and maintain active, fulfilling lives. Workshop participants will each receive a copy of the companion book, *Living a Healthy Life With Chronic Conditions*, and an audio relaxation CD, “Relaxation for Mind and Body.”

This “Taking Action for Health” workshop will be facilitated by Christine Morris LMSW-CC and Jonathan Dudek PhD. Pre-registration is required. Contact Christine Morris at 796-5503 or cmorris@scrfhc.org to register or for more information about “Taking Action for Health.”



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