

# chronic disease management



**Healthy Heart Seminar:** This seminar is for those who want to improve lifestyle because they have risk factors for heart disease or already have heart disease and want to maximize their health.

**Addictions:** Overview of the physical and psychological cycles of addiction, how it can affect an individual and/or a family. Strategies for understanding and coping.

**Asthma Education:** Participants learn tools to manage their asthma. Class follows National Asthma Education & Prevention Program guidelines.

**Diabetes Management:** This class is designed for persons diagnosed with diabetes and their support persons whether new diagnosis or a diabetic for years. Series of 4 classes.

**Diabetic Review:** Two hour class designed to educate and update diabetics on management of different aspects of the disease.

**PATH (Personal Action Toward Health) Workshop:** This Stanford Medical Research course is for those with chronic conditions such as diabetes, lung disease, heart disease, chronic pain & depression. It covers symptom management, nutrition, exercise, communication skills, relaxation techniques, goal setting and problem solving. Sessions are 2.5 hours and meet for six weeks.

**PATH for Pain:** This Stanford Medical Research course is for chronic pain sufferers. It covers symptom management, medication, nutrition, exercise, communication skills, relaxation techniques, goal setting & problem solving. Sessions are 2.5 hours and meet for six weeks.

**Pain Management:** Learn the factors that influence chronic pain and ways to manage your pain more effectively and improve your quality of life.

**The Diabetes Self-Management Workshop:** This Stanford Medical Research course is for diabetics & their support teams. It covers nutrition, monitoring blood sugar, fitness, relaxation techniques, communication skills, goal setting and problem solving. 6 week series; 2.5 hour classes.

**The Nicotine Transition Class (TNTC):** This 4 class series offers the tools to quit nicotine use. It discusses the barriers to quitting and helps participants develop quit plans. Required class for users in CHI programs; 2 credits given upon full completion.

**Is it Time to Quit?** For those who have completed TNT. The awareness is there, but the commitment to quit is still in progress. This class explores many nicotine related issues.

**COPD (Chronic Obstructive Pulmonary Disease):** Help for those working to manage COPD. Information regarding lifestyle, symptoms, medication management & oxygen use.

