



## County of York, Pennsylvania Area Agency on Aging

### NEWS FOR IMMEDIATE RELEASE

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#### Free workshops can lead to healthier living

The York County Area Agency on Aging is offering a chronic disease self-management program called **Looking Beyond My Condition: Empowerment Tools to Manage Your Health, Your Way**.

York County residents 60 and older, who are living with ongoing medical conditions such as high blood pressure, diabetes, heart disease, arthritis, COPD, stroke, cancer or others are invited to participate in the workshops. This interactive program spans six workshops, once a week for 2½ hours. The workshops will be taught by certified instructors through the agency.

Developed by the Self-Management Resource Center, formerly Stanford University Patient Education Program, this health promotion program provides tools for managing your health, dealing with difficult emotions, and breaking the symptom cycle that comes with chronic conditions. The program introduces participants to self-management tools like healthy eating, exercise, action planning and dealing with difficult emotions, among others. A companion book, *Living a Healthy Life with Chronic Conditions, 4<sup>th</sup> Edition*, and an audio relaxation tape will be provided for all participants.

These free workshops will be held from 12:30 pm to 3:00 pm every Monday, beginning April 1st through May 6<sup>th</sup>, at the Jewish Community Center, 2000 Hollywood Drive, York Township.

There is no charge for the workshops. Pre-registration is required by calling Megan Craley at 717-771-9610.

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