

## LIVE WELL/ Chronic Disease Self -Management Programs : AUTUMN, 2011 WORKSHOPS

### North and South Central Regions

**This 6 week workshop features the Stanford University evidence based program. It is open to people with diabetes, arthritis, heart disease and other chronic conditions and/or caregivers. Examples of topics covered include healthy eating, activity, how to talk with your health care provider, managing medication and communication skills. A variety of techniques are taught including goal setting and problem solving.**

<b>Arbor Rose, Function Room</b>  975 Corbin Avenue  New Britain, CT	October 13-November 17	Thursday	9-11:30	To register:  Call (860) 724, 6443, ext. 267	
<b>Riverfront Community Center</b>  300 Welles Street  Glastonbury, CT	9/19, 9/26, 10/3 10/17, 10/24 and 10/31  <b>NO class on 10/10 due to the Columbus Day holiday.</b>	Monday	3:00-5:30 pm	To register:  Call (860) 652-7650	Information Session:  Monday, August 22, call for time.
<b>Wallingford Senior Center</b>  238 Washington Street  Wallingford, CT	9/21-10/26	Wednesday	9:15-11:45	To register:  Call 203 265-7753 or email <a href="mailto:dvoelker@wlfdseniorctr.com">dvoelker@wlfdseniorctr.com</a> .	Information session:  Wednesday, September 14, 9:15 AM