

**6 in 10**  
Adults in the US  
Have a Chronic Disease.

**4 in 10**  
Adults Have  
Two or More.



**Watertown Family YMCA**  
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**CHRONIC  
DISEASE  
SELF  
MANAGEMENT  
PROGRAM**

**SPACE IS LIMITED TO 15**  
**COST: \$25.00**  
**Begins February 13th**  
**Mondays at 12:00 PM**  
Y MEMBERSHIP IS NOT REQUIRED.

**TAKE  
CONTROL  
OF YOUR  
LIFE**

**IT'S  
FREE**

**FIND YOUR  
SUPPORT.  
FIND YOUR Y.**

**Gain confidence in your ability to manage chronic diseases through the Chronic Disease Self-Management Program (CDSMP)**

## CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

An ideal program for adults with a variety of chronic conditions, including arthritis, diabetes, hypertension, and other chronic conditions that can make life difficult.

The program may be particularly beneficial for people who have more than one health condition, whose health problems have begun to interfere with their valued life activities, or who have had difficulty following your health recommendations.

Participants will learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases.

Participate in a 6-week evidence-based, instructor-led small group workshop designed to provide you with the tools you need to improve your health and quality of life. Learn how to deal with negative emotions, manage symptoms, eat well, personalize a fitness program, work with your doctor, and more!



## WHAT ARE CHRONIC DISEASES

A chronic disease is a health condition that is persistent or otherwise long-lasting in its effects or a disease that comes with time. The term chronic is often applied when the course of the disease lasts for more than three months. Here are some examples of chronic diseases that affect millions of Americans each year:

- **Cardiovascular disease**
- **Diabetes**
- **Osteoporosis**
- **Arthritis**
- **Multiple sclerosis**
- **Lupus**
- **Asthma**
- **Crohn's disease**
- **Ulcerative colitis**
- **Hypothyroidism / hyperthyroidism**

**The CHRONIC DISEASE SELF-MANAGEMENT PROGRAM is for ANYONE 18 and over who is dealing with a chronic illness or is caring for someone with a chronic illness or condition.**

**YMCA MEMBERSHIP IS NOT REQUIRED TO PARTICIPATE IN THE PROGRAM.**

## WHAT WILL I LEARN

The YMCA's Chronic Disease Self-Management Program helps participants:

- **Address the physical and psychological effects of chronic disease including fatigue, pain, depression, and frustration.**
- **Exercise, obtain proper nutrition, and use medications appropriately.**
- **Communicate effectively with family, friends, and health professionals.**

## FIND YOUR Y

Incurable and ongoing, chronic diseases affect more than 40% of the total population of the United States.

Managing a chronic disease involves a comprehensive, total-health approach. The Y Chronic Disease Self-Management Program focuses on keeping you healthier and happier by understanding your overall health profile with a goal of improving the specific conditions you have.

The Watertown Family YMCA is committed to helping people live their healthiest life.

In communities across the nation, the Y is a leading voice on health and well-being. Over the past 15 years, the Y has driven innovation in prevention and control of chronic disease to save lives and reduce healthcare spending. With support from the Centers for Disease Control and Prevention (CDC), the Y delivers tangible results in evidence-based chronic disease prevention and control.

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