

WHAT ARE CHRONIC DISEASES?

Health conditions that are persistent for more than three months or are otherwise long-lasting in their effects or a disease that lasts over an extended period of time.

6 IN 10

ADULTS IN AMERICA HAVE A CHRONIC DISEASE

4 IN 10

ADULTS HAVE TWO OR MORE



Examples of chronic diseases that affect millions of Americans each year include:

- Cardiovascular disease
- Diabetes
- Osteoporosis
- Arthritis
- Multiple Sclerosis
- Lupus
- Asthma
- Crohn's Disease
- Ulcerative Colitis
- Hypothyroidism / Hyperthyroidism

**TAKE
CONTROL
OF YOUR
LIFE.**



DID YOU KNOW?

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 goal of the **Chronic Disease Self-Management Program** is to keep you healthier and happier by understanding your overall health profile with a goal of improving your specific challenges.

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For questions or to enroll, contact:
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WATERTOWN FAMILY YMCA CHRONIC DISEASE SELF-MANAGEMENT PROGRAM AT THE Y

IN PARTNERSHIP WITH



Office for
the Aging

IT'S
FREE

THE
Better With
Every Visit
PLACE



the **Y** | **175** YEAR ANNIVERSARY
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CHRONIC DISEASE SELF-MANAGEMENT PROGRAM AT THE Y

LOCATION

Downtown YMCA Community Center

START DATE

Tuesday, July 7 at 12:00 PM

ELIGIBILITY

- **FREE** to anyone who is dealing with a chronic illness or is caring for someone with a chronic illness or condition
- At least 18 years of age
- YMCA membership is not required to participate

DESCRIPTION

An evidence-based, instructor-led small group workshop designed to provide you with the tools you need to deal with negative emotions, manage symptoms, eat well, personalize a fitness program, work with your doctor, and more!



WHAT WILL I LEARN?

Our Chronic Disease Self-Management Program is designed to help participants:

- Address the physical and psychological effects of chronic disease like fatigue, pain, depression, and frustration
- Exercise, obtain proper nutrition, and use medications appropriately
- Communicate effectively with family, friends, and health professionals
- Problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases.

Gain confidence in your ability to manage chronic diseases through this evidence-based program!

With support from the Centers for Disease Control and Prevention (CDC), this program delivers tangible results in chronic disease prevention and control.

The CDSMP Program is ideal for:

- Those with a variety of chronic conditions including arthritis, diabetes, hypertension, and other conditions that make life difficult
- Those who have more than one chronic health condition
- Those whose health problems have begun to interfere with their valued life activities
- Those who have difficulty following health recommendations



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

To get started, please contact:

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