

Press Release

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Living well with a chronic disease is focus of special class series

(WATERVILLE) Inland Hospital, the Maine Primary Care Association, and Senior Spectrum are teaming up to help people living with a chronic disease learn how to better manage their health.

Living Well is a six-week program for those living with long-term health problems such as: arthritis, asthma, diabetes, heart disease, or cancer. Interesting and interactive classes offer ways to cope and manage stress, frustration, fatigue, pain and isolation, and help participants find support and solutions to common problems. Other topics during the program include: eating for better health, managing medications, exercise, and how to work in partnership with family members and healthcare providers.

Living Well classes are 2 ½ hours once a week during the six-week program and begin on March 10 at Senior Spectrum's Muskie Center in Waterville. A second Living Well program is planned at the Skowhegan Community Center in Skowhegan in April. Attendees are welcome to bring a family member, friend or caregiver. Registration is required. Call 861-3392 to register or learn more, or visit www.inlandhospital@emh.org. Cost is \$15 and includes a workbook. Financial assistance is available.

Living Well is an evidence-based wellness program, funded in part by a grant from the Administration on Aging to the Maine Department of Health and Human Services, Office of Elder Services.

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