



TAKE CHARGE OF YOUR HEALTH

# Session Zero CDSMP

For more information contact:  
SIH Community Benefits  
618.457.5200 ext 67837

To find a class near you visit:  
[hsidn.org/takecharge](http://hsidn.org/takecharge)

If you do not have at least 8 participants at Session 1, the Self Management Resource Center (SMRC) does not permit the workshop to start. You will need to do a Session Zero. This involves giving the participants who did show up information about the program.

The following Session Zero outline can be used when you are faced with not having enough people to start the workshop. Don't forget to encourage them to bring a friend, family member, caregiver, and/or loved one to the next session.

If you have any questions, call Greg Smith, Regional Program Coordinator, at the number above.

## Session Zero Outline

(Read as written, or say in your own words)

My name is \_\_\_\_\_ and this is my co-facilitator \_\_\_\_\_.

We are here to tell you about the *Take Charge Of Your Health: Live Well, Be Well* workshop for people with long-lasting health conditions, or people who are supporters or caregivers for someone with a chronic condition. This workshop will help you live a healthier life.

Some examples of long lasting conditions are:

- Heart Disease
- Lung Disease
- High Blood Pressure
- Diabetes
- Parkinson's
- Osteoporosis
- Arthritis

These conditions may cause pain, fatigue, loss of sleep, sadness, etc. To live a healthy life with a long-lasting health condition means working at overcoming the physical and emotional problems caused by the disease. It's good to control the disease, instead of the disease controlling you!

This *Take Charge Of Your Health: Live Well, Be Well* workshop will give you tips and ideas to make your life easier. This is a program that was developed by Stanford University in California.

This workshop is offered at hundreds of locations throughout the United States, as well as in other countries around the world. It has helped people feel better about themselves and their problems. Because of this workshop, people gain more physical capabilities and pleasure from life.





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This *Take Charge Of Your Health: Live Well, Be Well* workshop will help you:

- Understand the problems caused by your condition.
- Manage your health condition.
- Learn activities that will help you have better general health.

This workshop does not deal with each chronic disease individually, such as diabetes or high blood pressure, but rather how different techniques can be used to manage a variety of chronic health issues.

*Take Charge Of Your Health: Live Well, Be Well* is a fun workshop with a lot of activities to do in groups. You will learn:

- How to solve problems.
- How to deal with emotions.
- How to breathe better.
- How to relax.
- How to deal with pain and fatigue.
- How to have healthy eating habits.
- How to communicate with others.
- How to use medications correctly.
- How to manage depression.
- How to work with your health care team.

*Take Charge Of Your Health: Live Well, Be Well* is an evidenced-based program. That means that a study was done with about 1,000 people who had heart disease, lung disease, a stroke, or arthritis. These people were followed for three years. The study looked at:

- Changes in pain, fatigue, shortness of breath, and depression.
- Visits to physicians and emergency rooms, and hospital admissions.
- Level of confidence in managing health conditions.
- Use of self-management behaviors in taking medications, doing exercise, eating healthy foods, using community resources, and communicating with doctors.
- Managing stress.

The results of the study show that people who took this workshop did better in all the areas of study than those who did not attend the workshop.

*Take Charge Of Your Health: Live Well, Be Well* is a six-week workshop that meets for 2 ½ hours each week and includes a break.

Please come next week and bring a friend, family member, caregiver, and/or loved one. We need at least 8 people in order to start this wonderful program.

