



News Release Template

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[Date]

Contact: [Name]

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Living Well Workshops Help [county/city] Live Better with Chronic Conditions
Sessions help people reduce pain, increase energy and be in control of their health

[CITY], OR—For people with chronic health conditions, good medical care is just half of the equation. Equally important is their ability to make healthy decisions, follow their doctor’s recommendations and take care of their condition.

Living Well with Chronic Conditions, a workshop offered in [county], teaches people with lifelong health conditions to do just that. Participants have less pain, more energy and fewer hospitalizations.

The classes, offered weekly at [location] through [date], are for anyone with a chronic disease. [If applicable: A culturally appropriate, Spanish-language version called Tomando Control de su Salud is also available.] Chronic diseases are lifelong health conditions and include diabetes, arthritis, HIV/AIDS, high blood pressure, depression, heart disease, chronic pain, anxiety, multiple sclerosis, fibromyalgia and others.

There’s a significant need for support for people with chronic diseases, which the Centers for Disease Control and Prevention calls the most common, costly and preventable of all U.S. health problems. They are also the leading causes of death and disability, responsible for seven out of 10 deaths each year.¹ [Include county/city specific data from Keeping Oregonians Healthy²].

“The good news,” says [local instructor, partner or program administrator], “is that people who know how to take care of their health conditions can live successfully with their disease. The Living Well workshops are a wonderful complement to medical care, equipping people to live well outside the doctor’s office so they can make the most of their treatment and live the lives they want.”

Living Well workshops and Tomando Control de su Salud, the Spanish-language version, are delivered in six two-and-a-half-hour weekly sessions. They are taught by two certified leaders; either one or both are non-health professionals who have a chronic disease themselves and can speak from their own experience.

¹ <http://www.cdc.gov/chronicdisease/overview/index.htm>

² <http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/Documents/healthor.pdf>



[Insert a quote from a local leader that explains why they got involved and the benefits they see the workshops offer participants. For example: “It is amazing to see the transformation that occurs after people go through the workshop,” says [local leader]. “People are more confident, energetic and have a new support system in place, all of which helps them lead a healthy life.”]

During the six-week session, participants receive support from trained leaders and other workshop participants, learn practical ways to manage their pain and fatigue, learn about nutrition and exercise options, understand new treatment choices and learn better ways to communicate about their conditions with doctors and family members.

[Insert a quote from a participant about the positive benefits they have experienced from taking the workshop].

Living Well with Chronic Conditions was created by Stanford University’s Patient Education Research Center and is supported by the Oregon Health Authority/Department of Human Services. The state’s goal is to put healthy options within reach for all Oregonians, and offering these self-management workshops is a way to ensure that people with chronic diseases have the support they need to access those options and live well. Other chronic disease self-management programs include Tomando Control de su Salud, a Spanish-language, culturally appropriate version, and the Positive Self-Management Program, a workshop for people with HIV.

For information on workshops in your area, visit [include website] or call [phone number].

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