



Zero Session

Sometimes, offering a “zero session” or “class zero” is an appropriate way to give your target audience a real taste of what Living Well is all about. Some programs have found that offering a zero session has led to improved participant retention because the participants have a better understanding of what Living Well is all about before they commit to signing up.

Zero sessions can be particularly useful with organized groups or communities—such as support groups, retirement facilities, faith-based organizations, or other settings where groups already congregate.

The following zero session outline was developed by a group in New Jersey that implements the Living Well program.

Zero Session Outline

My name is [redacted]. I am here to tell you about a workshop for people with chronic conditions, or people who are supporters or caregivers for someone with a chronic condition. This workshop will help you live a healthier life.

Some of the examples of chronic conditions are:

- Heart disease
- High blood pressure
- Diabetes
- Osteoporosis
- Lung diseases
- Arthritis

These conditions may cause pain, fatigue, isolation and emotional distress. Good health is soundness of body, mind and spirit. To live a healthy life with a chronic condition means working at overcoming the physical and emotional problems caused by the disease. It is good to control the disease instead of the disease controlling you!

Living Well will give you tips and ideas to make your life easier. This is a program that was developed by Stanford University in California.

We'd like to offer this workshop to you here at [redacted].

Living Well is being held in many places in the United States, as well as in other countries of 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.

This workshop will help you:

- Understand the problems caused by your condition.
- Manage your health condition.
- Learn activities to do to have better general health.



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

Living 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 professionals.

Living Well is an evidence-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 to emergency rooms, and hospital visits.
- 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 showed that people who took this workshop did better in all of the areas than those who didn't attend the workshop.

The Living Well with Chronic Conditions six-week workshop would meet weekly on a day that is convenient for you. The workshop meets for 2-½ hours each week and includes a break. Each workshop will have 8-15 people.

Please sign the list that is being passed around the room if you are interested in the program.

Thank you for having us here to meet with you today.

Do you have any questions or comments about the program?

If time permits, demonstrate an activity, such as action planning, guided imagery, or breathing exercises.