



Host A Chronic Disease Self-Management Program

For helpful tips and additional information on how to start a workshop, visit:

Diabetes: [Diabetes Education: Workshops and Classes at UVA Health](#)

Heart Attacks and Strokes: [Workshops and Webinars | American Heart Association](#)

High Blood Pressure: [Past Webinars and Workshops | American Heart Association](#)

Kidney Disease [Lesson 2: Managing Your Kidney Disease | NIDDK \(nih.gov\)](#)

Depression [Online Depression Workshop - Office of Counseling and Health Services \(drexel.edu\)](#)

Within your congregation or community, it is likely that you have one or more members that manage ongoing health conditions such as diabetes, high blood pressure, or heart disease. Almost certainly, you have members that are at a higher risk of developing a chronic disease due to their age, weight, activity level, family history, race, ethnicity, or another factor.

If this is an area of concern for your congregants or community member, you could decide to focus on chronic disease self-management. Many programs exist that provide education and support people in how to best manage their condition in daily life. Programs typically focus on topics such as managing your medications, better understanding your condition, and making lifestyle changes to better manage your disease. There is strong evidence that such programs improve health outcomes and quality of life for participants.

If your health ministry plans to focus on chronic diseases, would you want to learn about existing programs and how to connect your members to them or host your own program? Depending on your size, capacity, and the time you have available, it might make sense to connect to existing classes or invest in hosting a class. There are existing programs that you could partner with to host a class on-site or toolkits that congregations can use to organize their own sessions to learn about chronic conditions and become ambassadors for healthier living. On the following page you will find resources for various approaches.

To request information for additional chronic disease workshops, please contact us at:

[Contact Us | Our Health Ministry](#)



www.ourhealthministry.com