



DAVIS COUNTY HEALTH DEPARTMENT

Davis County Courthouse Complex
PO Box 618
Farmington, Utah 84025

For Immediate Release:
Friday, March 26, 2010
DCHD NR 2010-012

Contact:
Bob Ballew
Public Information Officer
Office: (801) 451-3501
Cell: (801) 510-5710

Administration

Lewis R. Garrett, M.P.H.
Director of Health
Courthouse Annex
50 East State Street
Tel: (801) 451-3351
Fax: (801) 451-3242

Environmental Health Services Division

Delane D. McGarvey,
M.Ed., E.H.S.
Associate Director
Courthouse Annex
50 East State Street
Tel: (801) 451-3354
Fax: (801) 451-3242

Family Health & Senior Services Division

Sally Kershnik,
R.N., M.P.A.
Associate Director
Courthouse Annex
50 East State Street
Tel: (801) 451-3354
Fax: (801) 451-3242

Communicable Disease & Epidemiology Division

Brian E. Hatch,
M.P.H., E.H.S.
Associate Director
Courthouse Annex
50 East State Street
Tel: (801) 451-3351
Fax: (801) 451-3242

News Release

Living Well With Chronic Conditions Classes Begin

(Farmington, Utah) – Want to decrease *your* pain, decrease *your* doctors' visits, and enjoy life more? Davis County Health Department's Senior Services is promoting a Chronic Disease Self-Management Program, called Living Well with Chronic Conditions.

This class is a free workshop given two hours, once a week, for six weeks, in community settings. People with different chronic health problems all attend together. Workshops are facilitated by two trained leaders; one or both are non-health professionals with a chronic disease themselves.

Subjects covered include:

- Techniques for frustration, fatigue, pain, and isolation
- Appropriate exercise to maintain and improve strength
- Appropriate use of medications and proper nutrition
- Communicating effectively with family, friends, and health professionals
- How to evaluate new treatments

People should attend if they have an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain, or others.

For more information about Living Well or to register for the next workshop held on April 28, 2010 at the Davis County Health Department, please call 801-451-3335.

- END -