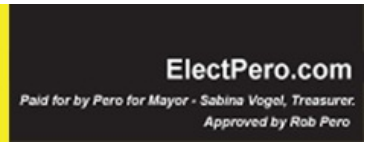


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Chronic Disease Program Starts Thursday

Posted by [Dirk Langeveld](#) | September 13, 2011

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Living with chronic and age-related illnesses can be painful, stressful and exhausting. Knowing how to manage symptoms and talk to your doctor can help ease the pain and stress.

ACHIEVE New London and [L&M Hospital](#) are pleased to offer the Live Well Workshop for people 55 and older and their families to learn how to manage chronic diseases. Live Well is a free seven-week program that will begin with an orientation on Thursday, September 15 from 1-2:30 p.m. at the [New London Senior Center](#).

Whether you or a loved one is living with diabetes, arthritis, heart disease, high blood pressure or anxiety, the Live Well program can teach you how to effectively manage symptoms and improve overall health.

"We are delighted to bring the nationally acclaimed 'Live Well' program to New London," said Cindy Barry, Senior Program Coordinator a Ledge Light Health District. "Through the hard work of many ACHIEVE New London members, people living with chronic diseases such as diabetes, liver disease, asthma and other conditions now have a place where they can share their concerns and get the support they need."

Topics covered in the Live Well program include techniques for dealing with pain, frustration, fatigue and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; how to effectively communicate with family, friends and health professionals; proper nutrition and making informed treatment decisions.

To register, please contact Mary McGratten at L&M Hospital (860) 442-0733.

ACHIEVE New London is an initiative of Ledge Light Health District. Membership includes residents, business owners, elected officials, health professionals, and other interested community members.

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