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## **Chronic Disease (Health Condition) Self-Management Workshop**

Date and Time

Weekly on Wednesday at 12:30pm for 6 times

Event URL

[Chronic Disease \(Health Condition\) Self-Management Workshop](#)

Event Region

Roanoke Valley

Event Type

Workshop

RSVP Info

Ann Hodges, LOA Program Coordinator at 540-761-9046

Event Cost

\$0.00

Event Description

Live Well, Virginia with Local Office on Aging is presenting a workshop at Scott Hill Retirement Community in Clifton Forge, VA regarding self management of chronic health conditions including: high blood pressure, diabetes, arthritis, COPD, depression/anxiety, fibromyalgia, MS, asthma or heart disease. Workshop topics include: action planning, problem solving, managing fatigue/pain, healthy eating, low impact exercise, and dealing with emotions.