

Do you have an ongoing health problem like arthritis, diabetes, heart disease, or lung disease?

Does it stop you from doing the things you enjoy?

Learn what you can do to feel better and take control of your health.

Take Charge! MANAGING YOUR HEALTH

Chronic or ongoing health problems can be frustrating. They can get in the way of your everyday activities—those things you want or need to do. Controlling symptoms, like pain or fatigue, can be difficult. The costs of doctors' visits and medications can add up. If you have more than one health problem, it can be harder to do things that keep you healthy, like staying fit and watching your weight.

"These health problems weigh you down. It's so easy to give up. The classes teach us what we can do about them."

WHAT CAN I DO?

Don't let your health stop you from doing the things you enjoy. Take charge by signing up for a self-management education workshop or physical activity class being offered in your community. They'll help you learn how to manage your health and stay independent. And they don't involve more medications.

HOW CAN THESE CLASSES HELP ME?

- Self-management education workshops and physical activity classes can help with a variety of chronic or ongoing health problems like arthritis, diabetes, heart disease, and lung disease.
- They can help you learn ways to reduce symptoms like pain and fatigue, get around more easily, and do more things on your own.
- Studies show that the classes are safe and they work. The Centers for Disease Control and Prevention recognizes their effectiveness and your doctor recommends them.
- The classes are open to everyone.
- They're affordable, easy to get to, and taught by trained instructors who understand the health problems you face.

"It never dawned on me before that there are other ways I could manage besides medication. The pain and fatigue don't go away. But you learn to manage them, instead of letting them manage you."



WHAT PROGRAMS SHOULD I LOOK FOR?

Here are some self-management education workshops and physical activity classes CDC has found to be effective for helping you manage the symptoms of ongoing health conditions. Ask your doctor which programs are available in your area.

Self-Management Education Workshops

- Arthritis Self-Management Program
- The Arthritis Toolkit/Manejando Mi Artritis
- Better Choices, Better Health™ for Arthritis
- Chronic Disease Self-Management Program
- Programa de Manejo Personal de la Artritis
- Tomando Control de su Salud

Physical Activity Classes

- Active Living Every Day
- Arthritis Foundation Aquatic Program
- Arthritis Foundation Exercise Program
- EnhanceFitness
- Fit & Strong!
- Walk With Ease

DON'T WAIT!

Self-management education and physical activity classes can be helpful at any time. But don't wait until your condition is severe. The sooner you start taking control of your health, the better you'll feel in the long run and the more time and energy you'll have for the things you enjoy.

Take charge of your health. Find the class that's right for you.

“The class helped me focus on a lot of problems I had just accepted as part of aging. This exercise class made me realize I can do something about them.”



FIND OUT MORE

For more information on self-management education and physical activity classes, visit these Web sites.

CDC Arthritis Program

www.cdc.gov/arthritis/interventions.htm

Arthritis Foundation

www.arthritis.org/programs.php

National Council on Aging

<http://restartliving.org>

To find out what's available in your community, talk to your doctor.

