



Senior Volunteers needed to be trained to present the Chronic Disease Management Program in Laramie County.

The program, developed by Stanford University, is a FREE six-week Workshop for people with chronic diseases and for caregivers, family members and friends.

The program is for adults of any age with any type of chronic health condition such as but not limited to diabetes, high blood pressure, heart disease, fibromyalgia, arthritis, sickle cell and others.

Participants meet in small groups for six weeks.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments.

For more information about this training, or to register as a volunteer call Amy Giglevitch at (307) 635-2435 ext. 11.