



Montana: Living Life Well

Stanford's Chronic Disease Self-Management Program (CDSMP) **WHAT IS MONTANA: LIVING LIFE WELL?**

Montana: Living Life Well is the name the Montana Arthritis Program (MAP) has adopted for the Chronic Disease Self-Management Program (CDSMP) developed at Stanford University. Montana: Living Life Well workshops empower participants to take an active role in managing their health. **Workshops meet once a week for six weeks; each session lasts 2 ½ hours.** During the sessions, participants learn skills needed in the day-to-day management of chronic health conditions such as arthritis, asthma, diabetes, heart and lung disease, to maintain and/or improve their ability to carry out activities of daily living. Family members and other support people of those with a chronic health condition are also encouraged to attend. This program covers topics such as: techniques to deal with problems associated with chronic disease, appropriate exercise, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and, how to evaluate new treatments. Each week, participants will create an action plan to accomplish a realistic, attainable goal.

Space is limited; Cost is \$10.00 for all six sessions. Scholarships are available.

Class Schedule:

Monday, June 8th from 1 to 3:30 PM

Monday, June 15th from 1 to 3:30 PM

Monday, June 22nd from 1 to 3:30 PM

Monday, June 29th from 1 to 3:30 PM

Monday, July 6th from 1 to 3:30 PM

Monday, July 13th from 1 to 3:30 PM

CLASS LOCATION: LIFTT Office, 1201 Grand Avenue #1, in Billings. Call 406.259.5181 to enroll.