



Your Life, Your Health

Your Life, Your Health is a 6 session workshop for older adults with chronic conditions and their caregivers who want to **Feel Better, Be in Control and Do the Things You Want to Do.**

In the workshops, you will get the support you need, find practical ways to deal with the pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with your doctor and family about your health.

Workshops meet for 2 ½ hours each week at the same time and location for 6 weeks. Each session provides new topics and practice in goal setting. The workshops are facilitated by two lay leaders, most of whom have a chronic condition or have cared for someone with a chronic condition.

Workshop participants have a wide spectrum of chronic conditions and diseases. The workshops are meant to complement, rather than replace other wellness programs such as disease specific education, nutrition classes, and exercise classes.

Your Life, Your Health is most widely known in the United States and other countries as the **Stanford Chronic Disease Self-Management Program (CDSMP)**, an evidence based program developed by Dr. Kate Lorig, Virginia Gonzales and Diana Laurent.

The Governor's Office of Elderly Affairs is the sole licensee of CDSMP in Louisiana.

We hope that you will enroll or encourage a loved one to enroll today!

Click on the “How to Enroll” button on the left side for information on signing up.