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## VNA Northwest Begins “Live Well” Workshop at Beckley House March 14

VNA Northwest is offering a free, six-week workshop to help people with chronic diseases gain more control over their lives. Called “Live Well,” the program covers a new topic each week and provides opportunities for interaction and group problem solving.

The six sessions will be held at Beckley House, 85 South Canaan Road, on Wednesday mornings, starting March 14. They will run from 9:30 a.m. to noon each week through April 18.

“Live Well” is designed for adults age 55 and older who have on-going health conditions such as diabetes, high blood pressure, arthritis or similar issues. “Live Well” is also very beneficial for caregivers, family members and friends of people with chronic diseases.

Pre-registration is required, and space is limited, so interested individuals are encouraged to register soon. To register, please contact Joyce Dunn at VNA Northwest, at 1-800-752-0215, or call Ruth at Beckley House, at 860-824-7884.

During the interactive workshop, participants will have the chance to set action plans that can help them gain control over symptoms like pain and fatigue. “Live Well” is an evidence-based program developed by Stanford University that has helped individuals to better manage their ongoing conditions and to find healthier ways of living that work for them. The program is not disease specific, so it does not replace existing programs such as diabetes management courses, but rather, enhances them.

Potential benefits of the workshop include: finding better ways to deal with pain and fatigue; discovering easy exercises to help improve or maintain strength and energy; improving nutrition; and communicating more effectively with family, friends and health professionals.

“Live Well” is sponsored by The Western Connecticut Area Agency on Aging, Connecticut Department of Social Services-Aging Services Division, and Connecticut Department of Public Health through a grant from the Administration on Aging.

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