



# *Living Well* WORKSHOPS

## **Q: WHAT ARE LIVING WELL WORKSHOPS?**

**A:** DC Health's Living Well Self-Management Workshops are evidence-based self-management programs originally developed at Stanford University. The workshops are FREE and available to any resident of the District of Columbia age 18 and over seeking help with managing cancer and chronic health conditions such as diabetes, obesity, arthritis, heart disease, high blood pressure, chronic pain, depression, anxiety and/or cancer. Over the course of each seven-week workshop, participants learn:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Healthy eating and the importance of nutrition

## **Q: WHAT ARE THE DIFFERENT TYPES OF WORKSHOPS?**

- A:** There are four types of Living Well Workshops:
- The Chronic Disease Self-Management Program (CDSMP) provides individuals with the skills needed to address a wide range of chronic conditions. CDSMP is also open to caregivers of individuals with chronic conditions.
  - The Diabetes Self-Management Program (DSMP) helps individuals and their caregivers develop the skills needed in the day-to-day management of type 2 diabetes. This workshop is also for individuals who have been diagnosed with prediabetes.
  - Cancer: Thriving and Surviving (CTS) provides individuals affected by cancer with the tools they need to live a healthier life. The workshop provides support for continuing normal daily activities and dealing with the emotions that cancer may bring. This group is also open to caregivers of individuals diagnosed with cancer.



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## **Q: WHERE ARE THE WORKSHOPS HELD?**

**A:** These seven-week workshops are held in community settings such as churches, clinics, hospitals, senior wellness centers, residential housing sites, recreational facilities, libraries, and other community settings. Each session lasts 2.5 hours. Participants must pre-register for the workshop and attend a minimum of four sessions to receive a certificate of completion.

## **Q: WHEN ARE THE WORKSHOPS AVAILABLE?**

**A:** Please visit [livingwell.dc.gov](http://livingwell.dc.gov) for a current list of available workshops.

## **Q: DOES THE LIVING WELL PROGRAM REPLACE EXISTING CHRONIC DISEASE OR CANCER TREATMENT OR PROGRAM?**

**A:** The workshops do not replace any existing medical program or treatment. The workshops have been shown to enhance, complement, and/or support medical programs and treatment.



For more information regarding program availability, contact us at (202) 442-5910 or [dccancer.chronic@dc.gov](mailto:dccancer.chronic@dc.gov).