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FOR IMMEDIATE RELEASE

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Learn to Manage Your Chronic Condition for FREE!

A FREE six-week online virtual workshop is available for those living in Charlotte, Collier, Hendry, Glades, Desoto and Sarasota counties

Southwest Florida (August 12, 2021)— If you are a senior with a chronic condition, you are not alone. Four out of every five adults over the age of 60 have at least one chronic disease, and nearly as many have two or more. Chronic diseases cause almost two-thirds of all deaths among seniors each year. Fortunately, free programs are available locally for people with chronic illnesses to take charge of their health.

The Area Agency on Aging for Southwest Florida (AAASWFL) is offering free six-week *Chronic Disease Self-Management Program (CDSMP)* online workshops for individuals living in Charlotte, Collier, Hendry, Glades, Desoto, and Sarasota counties. A link to the online class (using Zoom) will be provided to participants after they have registered. A trainer is also available to meet with participants virtually and provide instructions on how to join us prior to the first class.

Adults over the age of 60 and adults with disabilities who have one or more chronic conditions are encouraged to participate. Common chronic conditions include (but are not limited to) heart disease, cancer, stroke, diabetes, arthritis, asthma, high blood pressure, depression, anxiety, osteoporosis, obesity, and chronic pain.

The *CDSMP* is an evidence-based program designed to help older adults and adults with disabilities to make a step-by-step plan for improving their health and their lives. The program was developed at Stanford University, and is offered across the United States and in 29 countries. More than 300,000 people have benefited from the *CDSMP*.

Research has found that people who complete the *CDSMP* feel healthier and have a better

quality of life after completing the program. They report fewer sick days and increase their ability to manage symptoms like pain, stress, breathing problems, and sleep issues. Participants also develop a support network of others who live with ongoing health conditions.

Space is limited and advance registration is required. To register, contact Sarah Gualco, AAASWFL's Health & Wellness Coordinator at sarah.gualco@aaaswfl.org or by calling the Elder Helpline toll-free at 866-413-5337 (41-ELDER).

Funding for the *Chronic Disease Self-Management Program* is provided by a grant from the US Administration for Community Living through the Florida Department of Elder Affairs.

The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties for more than 40 years. The organization is committed to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida.

More information is available by visiting the AAASWFL website (www.aaaswfl.org) or by calling the Elder Helpline: (866) 413-5337.

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Helpline: 1-866-413-5337

Charlotte | Collier | DeSoto | Glades | Hendry | Lee | Sarasota

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