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**FOR IMMEDIATE RELEASE**

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**Commit to Living Healthy this New Year!**

**Join a FREE Workshop to Manage Your Chronic Condition**

*Register to attend this virtual evidence-based workshop*

*with the Area Agency on Aging for SWFL*

**Southwest, FL (January 5, 2022)—** According to the National Council on Aging, 80% of adults 65 and older have at least one chronic condition. Older adults are disproportionally impacted by chronic diseases, such as (but not limited to) heart disease, cancer, stroke, and diabetes. For the past two decades, chronic diseases are the leading cause of death among adults 65 and older, and research estimates that 20% to 40% of these deaths are potentially preventable, depending on the cause, through lifestyle modifications.

Starting in February, the Area Agency on Aging for SWFL (AAASWFL), will offer a free, virtual six-week Living Healthy Workshop. This workshop series begins February 4th and continues to March 10th, every Friday from 9:30am to 12pm on ZOOM.

Learning how to self-manage your chronic condition allows you to live life to the fullest, to improve quality of life, and to reduce symptoms. The Chronic Disease Self- Management Program 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. Research has found that people who complete the CDSMP feel healthier and have a better quality of life. They report fewer sick days and increase their ability to manage symptoms like pain, stress, breathing problems, and sleep issues. Participants also develop a network of support of others who live with ongoing health conditions.

Participants of the Chronic Disease Self-Management Program share how the workshop has impacted them:

*“The workshop went beyond my expectations. I have been able to effectively use the tools and skills to address my issues. I have incorporated everything I learned into my own life*.” - Linda D.

*“The workshop provides a lot of valuable information. The virtual platform is very convenient, especially for rural communities. I refer back to the workshop workbook very frequently.”* - Jo R.

**Space is limited and advance registration is required**. To participate, you must reside in Charlotte, Collier, DeSoto, Glades, Hendry, or Sarasota County. To register, contact Sarah Gualco, AAASWFL’s Health & Wellness Coordinator at sarah.gualco@aaaswfl.org or by calling 239-652-6914.

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**Helpline:** 1-866-413-5337

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