

## Live Well, Virginia!, Chronic Disease Self-Management Program, Tazewell

Age Requirements

60+

Available 24/7

No

Family

No

Intake Process

Contact the office for more information.

Provider Refer

Yes

Self Refer

Yes

Appalachian Agency for Senior Citizens (AASC)

<http://www.aasc.org/>

Main

(276) 964-4915

Toll-Free

(800) 656-2272

Wardell Industrial Park

216 College Ridge Road

24609 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

## Languages Spoken

English

The Chronic Disease Self-Management Program (CDSMP) is a six-week, 2.5-hour workshop that offers tools and information to help people manage their chronic conditions and participate more fully in life. Through this supportive interactive workshop, often led by others with chronic conditions, participants learn about a variety of topics, such as:

- Healthy eating and exercise
- Evaluating new treatment choices
- Appropriate use of medications
- Effective ways to talk with healthcare professionals and loved ones

Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

## Service Area(s)

Buchanan County

,

Dickenson County

,

Russell County

,

Tazewell County

Email

[rmatney@asc.org](mailto:rmatney@asc.org)