

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

Age Requirements

60+

Family

No

Intake Contact Email

info@southernaaa.org

Intake Process

Visit the website; call for information. There is no fee but registration is required.

Report Problems

Other

Self Refer

Yes

Southern Area Agency on Aging

<http://www.southernaaa.org>

Main

(276) 632-6442

Toll-Free

(800) 468-4571

204 Cleveland Avenue

24112 VA

United States

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)

Brunswick County

,

Danville City

,

Franklin County

,

Halifax County

,

Henry County

,

Martinsville City

,

Mecklenburg County

,

Patrick County

,

Pittsylvania County

Email

[info@southernaaa.org](mailto:info@southernaaa.org)