

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

Age Requirements

60+

Family

No

Intake Process

Contact us for more information.

Central Virginia Alliance for Community Living, Inc.

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

<https://www.cvacl.org/health-and-wellness-1>

<https://www.facebook.com/cvallianceforcommunityliving/>

Main

(434) 385-9070

501 12th Street

24504 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 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)

Amherst County

,

Appomattox County

,

Bedford County

,

Campbell County

,

Lynchburg City

Email

[cvacl@cvcl.org](mailto:cvacl@cvcl.org)