

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

Age Requirements

60+

Family

No

Intake Contact

Kathleen Wiley

Intake Contact Email

[kwiley@pwcgov.org](mailto:kwiley@pwcgov.org)

Intake Process

Call the office. There is no fee but registration is required.

Intake Contact Telephone

(703) 792-7152

Self Refer

Yes

Prince William Area Agency on Aging

<http://www.pwcgov.org/government/dept/aaa/Pages/default.aspx>

Main

(703) 792-6374

TTY/TTD

(703) 792-6444

5 County Complex Court, Suite 240

22192 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)

Manassas City

,

Manassas Park City

,

Prince William County

Email

[pwaana@pwcgov.org](mailto:pwaana@pwcgov.org)