



NEWS RELEASE

FOR IMMEDIATE RELEASE

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PRHA to pilot chronic disease management program

Dauphin- A new program designed to support people living with the barriers and limitations of chronic disease will soon be available in the communities of Dauphin and McCreary. *Get Better Together* is a self-management program for people with any ongoing condition from type 2 diabetes, heart disease, arthritis and chronic pain to Parkinson's, asthma, depression and cancer. Frequently participants are coping with more than one condition and just 'sick and tired of being sick and tired.'

Virginia Cail, PRHA Public Health Clinical Services Manager, says 2½-hour workshops will be delivered once a week, for six weeks, beginning in Dauphin on September 11, 2007. The workshops will begin in McCreary on October 15th. In these sessions, people with chronic conditions discuss solutions for frustration, fatigue, pain and isolation, effective communication with health professionals and appropriate exercise and nutrition.

For more information,
contact the office of the
**PARKLAND REGIONAL
HEALTH AUTHORITY**

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The PRHA is one of four health regions in Manitoba included in a one-year pilot project coordinated by the Wellness Institute and funded by Public Health Agency of Canada. The Wellness Institute is an award winning medical fitness facility at Seven Oaks General Hospital in Winnipeg.

"The process is led by volunteer peer leaders who are themselves coping with chronic conditions. Participants will start to eat better and increase their activity level to reduce fatigue, or maybe they will learn to handle stress and control pain to reduce their level of disability," stated Caitlin Keyzer, Program Coordinator from the Wellness Institute.

If you are interested in developing additional skills to manage your chronic health condition and wish to join one of the workshops, please contact the PRHA at **622-6250**.