



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Chronic disease management program pilot project underway

Dauphin- A new program-designed to support people living with the barriers and limitations of chronic disease- is underway in the Parkland Region. Workshops for the 'Get Better Together' Program have begun in *Dauphin*, one of the two Parkland communities that will pilot the project. Workshops are also set to begin in *McCreary* on October 15th.

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.'

For more information,
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Under the program, 2½-hour workshops are delivered once a week, for six weeks. 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. Volunteer peer leaders, who are themselves coping with chronic conditions, lead the process.

Virginia Cail, PRHA Public Health Clinical Services Manager, says the program isn't a substitute for treatment, rather, it is intended to support self-management so participants can improve their own lives.

"We're excited to host the program in Parkland because we know there are many people with chronic conditions visiting their doctors and showing up at our hospitals that could use some help to do what they can to be healthier on their own," Cail stated.

The PRHA is one of six health regions in Manitoba included in a one-year pilot project coordinated by the Wellness Institute at Seven Oaks General Hospital in Winnipeg, and funded by the Public Health Agency of Canada.

There is still time to register for the McCreary workshops in October. If you are interested in developing additional skills to manage your chronic health condition, please contact the PRHA at **622-6250**.