

## PRESS RELEASE

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### Living Healthy, Living Well: Take Charge Managing Your Health

MONTICELLO, NY— Individuals living with conditions such as arthritis, diabetes, heart disease, lung disease, and asthma can learn to manage their own health in the new year.

Living Healthy, Living Well, a free evidence-based program from the Self-Management Resource Center, developed by Stanford University, will be held on Wednesdays from January 10, 2018 to February 14. In the event of inclement weather, a snowdate will be offered on February 21. The series is held from 12:30 to 3:00 pm each day at Action Toward Independence (ATI) on 309 E Broadway in Monticello. Refreshments will be provided.

Participants are highly encouraged to attend the series in its entirety. Graduates will receive the book, “Living a Healthy Life with Chronic Conditions,” a science-informed resource for continued self-management of chronic conditions.

Attendees will learn ways to reduce symptoms like pain and fatigue, get around more easily, and engage in the activities they enjoy, for an improved quality of life. Bonnie Lewis, RN of Cornell Cooperative Extension Sullivan County (CCESC) and Shawn Comfort of ATI will present day-to-day techniques for self-management of multiple chronic health conditions and medical recommendations as well as complimentary enhancements to traditional clinical treatments.

Can't make it? This program will be offered on Thursdays from March 1 to April 12 at Mamakating Public Library, and again at CCESC's Extension Education Center in Liberty on Thursdays from May 10 to June 14.

Living Healthy, Living Well is free to the public. Registration is requested by January 5, by calling CCESC at 845-292-6180, emailing [sullivan@cornell.edu](mailto:sullivan@cornell.edu), or visiting [www.sullivancce.org](http://www.sullivancce.org). In the event of special needs, the public should contact the CCESC office.

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