

Your Network for Community Health

Ardent Solutions, Inc.

Your premier health education and chronic disease self-management strategist, Ardent Solutions strives to improve community health outcomes, increase independence, plan and coordinate reliable mobility options, and decrease unintentional injuries and suicide risks.

Our mission is to create synergy within and between systems that result in a strong culture of health and quality services for our communities.

It is our vision that working together, we will proactively create a healthy, sustainable and livable community for all.

Register Today

If you, or someone you know, could benefit by enrolling in **Living Healthy with Chronic Conditions**, please call to learn more at 585-593-5223, ext. 1015.

Small Registration Fees May Apply
Scholarships available upon request



Learn more about Ardent Solutions' other evidence-based Community Health Programs:

- Allegany County Growing Stronger Strength Training Program
- A Matter of Balance
- Chronic Pain Self-Management
- Letting Go!
- Diabetes Prevention Program
- Walk with Ease
- Diabetes Self-Management
- Eat Healthy, Be Active

Ardent Solutions, Inc.
85 North Main Street
Wellsville, New York 14895
Phone: 585-593-5223
Fax: 585-593-5217

www.ArdentNetwork.org

Visit Us on Facebook

Living Healthy with Chronic Conditions

a program by Ardent Solutions.



Diabetes Stroke
Hypertension COPD

An Educational Program About
Living Healthy
For Adults

Cancer Obesity
Arthritis Depression
Heart Disease Asthma



About Chronic Illness



Do you live with:

- Lung Disease
- Arthritis
- Heart Disease
- Cancer
- Diabetes
- High Blood Pressure
- Mental Health Diagnosis
- Hypertension
- Stroke
- More than one chronic illness

You are not alone!

Chronic illness is the leading cause of disability and death in New York State and throughout the United States. More than 4 out of 10 people suffer from a chronic disease.

Chronic Illness Facts

Chronic disease is an illness that persists over a long period of time. People with chronic illnesses often think that they are free from the disease when they have no symptoms.

Having no symptoms, however, does not necessarily mean that the chronic disease has disappeared. The good news is that chronic disease can be prevented or controlled through:

- Regular participation in physical activity
- Eating healthy
- Not smoking
- Avoiding excessive alcohol consumption
- Learning how to self-manage symptoms

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and an audio relaxation CD, *Relaxation for Mind and Body*.



Why Living Healthy

Living Health with a Chronic Condition is a highly effective, evidence-based program designed to improve quality of life for adults 18 years of age and older living with a chronic illness.

Research studies found that, on average, people who have participated in Living Healthy demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations when compared to those who have not taken the program.

What is Living Healthy

During six community-based educational workshop sessions scheduled once per week for 2.5 hours, participants learn the following:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health care professionals
- Nutrition
- Decision Making
- How to evaluate new treatments