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

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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


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