

Living Healthy Workshops

(CDSMP) were designed by Stanford University to help anyone living with long-term health conditions.

Partnerships between Public Health, Department of Aging and Youth, Rural Health Network and Wayne CAP make this program available. Grants make it possible to offer the program at no cost.

Call Lisa at 315-946-5624 to find a workshop near you.

National Diabetes Prevention Program

(NDPP) was designed by Stanford University to help people at risk for diabetes to delay onset of the disease.

This program is presented by Wayne County Public Health at no cost.

Call Ryan at 315-946-5624 to find a group near you.



Join a workshop today!

These workshops are supported by many agencies, including these:

- Wayne County Public Health Department
- Rural Health Network
- Wayne County Action Program
- Department of Aging and Youth



Wayne County Action Program, Inc.

You don't live nearby?

Call 315-946-5624 or go online at <https://ceacw.org/find-a-workshop> to find in any part of New York State.

Living Healthy in Wayne County



Living Healthy Workshops

A six week program for people with ongoing health conditions.

Create an action plan for a healthier life in six 2 1/2 hour weekly sessions

National Diabetes Prevention Program

1 out of 3 adults has prediabetes. This workshop series helps you prevent or delay the onset of type 2 diabetes.

National Diabetes Prevention Program (NDPP)

1 out of 2 American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes.

Without lifestyle changes, many people will develop type 2 diabetes within 3 years.

You may be at risk if you are;

- 45 years of age or older
- Overweight
- Physically active less than 3 times a week
- Had gestational diabetes
- Have a Fasting Glucose of 100-122 mg/dl or 2-hour Glucose of 140-199 mg/dl

The NDPP workshop series offers may help you to prevent or delay the onset of type 2 diabetes.

The series is 1 hour weekly sessions for 16 weeks, then monthly 1 hour sessions for 4-6 months.

Benefits of the NDPP series of workshops include:

- You can cut your risk of developing type 2 diabetes in half.
- Making modest lifestyle changes helps participants to lose 5% to 7% of their body weight
- You will have the support of the other participants with the same goals as you!

Chronic Disease Self-Management Program (CDSMP)

CDSMP is a series of 6 workshops, 2.5 hours each for people with heart disease, arthritis, diabetes, lung disease, depression, and other physical or mental health problems. It is lead by trained instructors who have or understand health problems like yours.

Topics include:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Staying independent
- Nutrition
- Appropriate use of medications
- Communicating effectively with family, friends, and healthcare providers
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Problem solving
- How to evaluate new treatments

Workshops do not conflict with existing programs or treatment but enhance regular treatment and education.

Classes provide an environment where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives

FAQs

Is this a support group?

- No, though it is therapeutic because the participants support each other
- It is a workshop where you learn and try new skills to improve and manage your health

Why should I take this workshop?

- It helps you get better at managing your health regardless of your ongoing health concerns
- Living Healthy helps you decide for yourself about what successful health changes you are ready to make.

What if I can't attend all the sessions?

- Because of our busy lives, you may have to miss a session or two, But you will bet the most value by attending all of the sessions because the activities build on each other.
- If you miss sessions, you may want to sign up for another workshop and take it again.