



# Living Well Workshops in GA

## **Stanford University's Chronic Disease Self Management Program (CDSMP)**

Do you or someone you care for suffer with any of the following symptoms?:

- Pain
- Fatigue
- Tense Muscles
- Shortness of Breath
- Depression
- Difficult Emotions
- Stress/Anxiety

Living Well Workshops are for adults with any chronic condition or for caregivers of persons with chronic conditions to learn tools to combat the symptoms mentioned above (symptoms that persons, **regardless of any one specific condition**, experience) and to better manage your life.

Workshops of only 10-16 participants meet 2 ½ hours, once a week, for 6 weeks.

These workshops are facilitated by 2-3 trained Leaders and cover the following topics:

- Medication Management
- Communication
- Pain/Fatigue Management
- Working with the Healthcare System
- Much, much more
- Dealing with Difficult Emotions
- Physical Activity
- Nutrition
- Problem Solving
- GOAL SETTING!!

Stanford University designed and tested this Evidence-Based program to empower persons and caregivers of persons with any type of chronic condition to be managers of their overall health and to become expert managers of their lives!!

In six short weeks you can **Put LIFE BACK IN YOUR LIFE.**

**VISIT [www.livewellagewell.info](http://www.livewellagewell.info) or CONTACT your local Area Agency on Aging:**

- **To Register for a Living Well Workshop near you**
- **If you would like to learn more about becoming a CDSMP LAY LEADER, or**
- **If you have a location that would host a Living Well Workshop**

**Would you prefer a work-at-your-own-pace, anonymous, ONLINE version??**

**Visit [www.restartliving.org](http://www.restartliving.org) to register!**



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## Participating AAAs:

- **Atlanta Regional Commission AAA** (Cherokee, Clayton, Cobb, DeKalb, Douglas, Fayette, Fulton, Gwinnett, Henry, Rockdale counties)
  - Jennifer Curry [jcurry@atlantaregional.com](mailto:jcurry@atlantaregional.com) 404-463-3289
- **Central Savannah River Area AAA** (Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Screven, Taliaferro, Warren, Washington, Wilkes counties)
  - Rebecca Jester [rjester@csrarc.ga.gov](mailto:rjester@csrarc.ga.gov) 706-650-5696
- **Coastal Georgia AAA** (Bryan, Bullock, Camden, Chatham, Effingham, Glynn, Liberty, Long, McIntosh counties)
  - Loreatha Jenkins [ljenkins@crc.ga.gov](mailto:ljenkins@crc.ga.gov) 912-437-0843
- **Heart of Georgia AAA** (Appling, Bleckley, Candler, Dodge, Emanuel, Evans, Jeff Davis, Johnson, Laurens, Montgomery, Tattnall, Telfair, Toombs, Treutlen, Wayne, Wheeler, Wilcox counties)
  - Jennifer Crosby [crosby@hogarc.org](mailto:crosby@hogarc.org) 912-376-3648
- **Legacy Link, Inc.** (Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, White counties)
  - Lisa Howard [lshoward@legacylink.org](mailto:lshoward@legacylink.org) 770-538-2711
- **Middle Georgia AAA** (Baldwin, Bibb, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs, Wilkinson counties)
  - Nicole Gaither [ngaither@mg-rc.org](mailto:ngaither@mg-rc.org) 478-751-6466
- **Northeast Georgia AAA** (Barrow, Clarke, Elbert, Greene, Jackson, Jasper, Madison, Morgan, Newton, Oconee, Oglethorpe, Walton counties)
  - Kristen Johnson [kb72070@gmail.com](mailto:kb72070@gmail.com) 706-542-5059
- **Northwest Georgia AAA** (Bartow, Catoosa, Chattooga, Dade, Fannin, Floyd, Gilmer, Gordon, Harralson, Murray, Paulding, Pickens, Polk, Walker, Whitfield counties)
  - Lynne Reeves [lreeves@nwgrc.org](mailto:lreeves@nwgrc.org) 706-295-6485
- **River Valley AAA** (Chattahoochee, Clay, Crisp, Dooley, Harris, Macon, Marion, Muscogee, Quitman, Randolph, Schley, Stewart, Sumter, Talbot, Taylor, Webster counties)
  - Ilona Preattle [ipreattle@rivervalleyrcaaa.org](mailto:ipreattle@rivervalleyrcaaa.org) 706-256-2918
  - Lauren Pfrogner [lpfrogner@rivervalleyrcaaa.org](mailto:lpfrogner@rivervalleyrcaaa.org) 706-256-2910
- **Southern Georgia AAA** (Atkinson, Bacon, Ben Hill, Berrien, Brantley, Brooks, Charlton, Clinch, Coffee, Cook, Echols, Irwin, Lanier, Lowndes, Pierce, Tift, Turner, Ware counties)
  - Kim Tuten [krtuten@diversifiedresources.net](mailto:krtuten@diversifiedresources.net) 912-285-3089
  - Bridget Delaney [jdelaney@sgrc.us](mailto:jdelaney@sgrc.us) 912-285-6097
- **Southern Crescent AAA** (Butts, Carroll, Coweta, Heard, Lamar, Meriwether, Pike, Spalding, Troup, Upson counties)
  - Mona Browning [mbrowning@threeriversrc.com](mailto:mbrowning@threeriversrc.com) 678-552-2850
  - Candace Hunnicutt [chunnicutt@threeriversrc.com](mailto:chunnicutt@threeriversrc.com) 678-552-2843
- **Southwest Georgia (SOWEGA)** (Baker, Calhoun, Colquitt, Decatur, Dougherty, Early, Grady, Lee, Miller, Mitchell, Seminole, Terrell, Thomas, Worth counties)
  - Erin Willingham [erinmwillingham9@gmail.com](mailto:erinmwillingham9@gmail.com) 229-432-1131