

*Live* a healthy life  
even with an ongoing health  
problem or chronic condition!

## Six-Week Program

We invite you to participate in a six-week self-management workshop for people with any type of ongoing health problems. The workshops teach practical skills for living a healthy life with an ongoing health condition.

## Fun and Interactive!

Classes allow participants to build upon a common source of support through the sharing of their successes.

## Self-Management Tools

The workshop introduces topics and tools to encourage you and assist in managing your health, staying active, and enjoying life.

## Better Choices, Better Health Healthy Living Testimonials

*"One of the most important lessons I have learned and would like to continue practicing is to become my own health self-manager."*

June A. - Hilo, HI

*"Attending the class has pushed me to take better care of myself."*

Mary K. - Hilo, HI

*For more information about future workshops, please contact:*

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**STANFORD WEBSITE:**  
<http://patienteducation.stanford.edu/programs/cdsmp.html>

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## Chronic Disease Self Management Program

# Better Choices, Better Health

KE OLA PONO

*A six-week workshop for  
people living with any  
ongoing health problem or  
chronic disease*



## Introduction to Self Management

### Better Choices, Better Health... Healthy Living

These Self Management Programs, developed and tested by Stanford University, are designed to complement and enhance medical treatment and disease management.

### Evidenced-Based

Research has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones.



## About the Workshop

### Better Choices, Better Health Workshops

Workshop sessions are two-and-a-half hours, once a week, for six weeks. The workshop is held in:

- Senior Centers
- Community Centers
- Churches
- Health Centers
- various other sites

### Core Topics Covered

Each Better Choices, Better Health Workshop covers the following topics:

- Goal Setting & Action Plans
- Problem Solving
- Fitness and Exercise
- Medication Management
- Effective Communication
- Healthy Eating
- How to Relax
- Evaluating New Treatments

## Chronic Disease Self Management Program

- What is a Chronic Condition?
- Managing Symptoms & Problems (fatigue, pain, isolation, etc.)
- Better Breathing
- Endurance Activities  
How Much is Enough?
- Positive Thinking
- Planning for the Future

## Diabetes Self Management Program

- What is Diabetes?
- Preventing Low Blood Sugar
- Stress Management
- Reading Nutrition Labels
- Skin and Foot Care

## Arthritis Self Management Program

- What is Arthritis & Fibromyalgia?
- Pain Management Principles
- Osteoporosis
- Fatigue and Energy Conservation



Like the bamboo found on all Hawaiian Islands, our service providers in the Aging Network are well-grounded and embedded into our culture; and with the right environment, has the ability to grow with fidelity.