

## **Live Well, Virginia!, Chronic Disease Self-Management Program**

Available 24/7

No

Other Eligibility Criteria

18 years of age and older

Intake Process

Call the office. There is no cost, but registration is required.

Intake Contact Telephone

(540) 980-7720

Provider Refer

Yes

Self Refer

Yes

New River Valley Agency on Aging

<https://www.nrvaoo.org>

<https://www.facebook.com/nrvaoo/>

Main

(540) 980-7720

Toll-Free

(866) 260-4417

44 Third Street NorthWest

24301 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

[Live Well, Virginia!, Chronic Disease Self-Management Program](#) - The Chronic Disease Self-Management Program (CDSMP) is for people with any ongoing health condition. This workshop focuses on tools we can use to improve the way we manage our health. Topics include healthy eating, dealing with difficult emotions, pain and fatigue management, getting a good night's sleep, physical activity and exercise, better breathing, preventing falls, communication skills, medication usage, working with your healthcare provider, problem-solving, action planning, weight management, and more! The companion book, *Living a Healthy Life with Chronic Conditions* accompanies and supplements the material presented in the workshop.

The workshop is given 2 ½ hours, once a week for 6 weeks. There is no charge. Materials and refreshments are provided.

Service Area(s)

Floyd County

,

Giles County

,

Montgomery County

,

Pulaski County

,

Radford City

Email

[nrvaoo@nrvaoo.org](mailto:nrvaoa@nrvaoo.org)