

If you have an ongoing health condition such as arthritis, diabetes, high blood pressure, anxiety, chronic pain, or heart disease, Chronic Disease Self Management Program workshops can provide information and support to help you take control of your health. Each workshop is provided in 2 ½-hour sessions for six weeks. Check your local listing to find out what Chronic Disease Self Management Program workshops are available in your area.

Article

Walk with Ease Program

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

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[Virginia Department of Health](#)

Links

Self-Management Resource Center (SMRC)

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[Self-Management Resource Center \(SMRC\)](#)

Links

Find Your AAA (Area Agency on Aging)

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[Find Your AAA \(Area Agency on Aging\)](#)

Article

Live Well, Virginia! Chronic Disease Self-Management Program

Through the Live Well, Virginia! programs, individuals coping with chronic diseases can take steps to improve their overall health, feel better, and live life to the fullest.

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[Virginia Department for the Aging](#)

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Live Well, Virginia! Chronic Disease Self-Management Program

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Arthritis Foundation - Care & Connect

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National Institute of Arthritis and Musculoskeletal and Skin Diseases

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American Diabetes Association

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