

For Immediate Release
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Dept. of Health Launches New Chronic Disease Education Workshops

(Las Cruces) – The New Mexico Department of Health’s Arthritis Program has launched a new a series of community-based workshops in five counties to help people with chronic conditions such as diabetes, arthritis, asthma and heart disease. The workshops are free and open to the public.

The Department of Health is now offering the Manage Your Chronic Disease (MyCD) program in Bernalillo, Doña Ana, Sierra, Curry and Chaves Counties. The MyCD program was developed by Stanford University and brings people with chronic diseases, family members and caregivers together in a community setting to learn healthier ways to live, gain confidence and motivation to manage their health and feel more positive about life.

“We are excited to bring this successful program to New Mexico,” said Christopher Lucero, program manager of the Department of Health’s Arthritis Program. “Our seniors want to be armed with tools they can use to live a better life and this program provides them with those life-skills.”

The MyCD workshops are highly interactive and provide the tools needed to manage symptoms, work with health care professionals, set weekly goals for behavior change, problem-solve, use relaxation techniques, handle difficult emotions, eat well and exercise safely and easily. The workshop is designed to support and enhance people’s knowledge about their diseases. People interested in attending a workshop in 2011 or learning more about the program can call the Arthritis Program at (505) 841-5819. For more information on the MyCD Program go online to www.arthritisnm.org

Several organizations partner with the Department of Health Arthritis Program to help older adults maintain active, fulfilling lives including The New Mexico Aging and Long Term Service Department, the Southern Area Health Education Center at with New Mexico State University, Montañas del Norte Area Health Education Center at with Luna Community College and the City of Albuquerque Department of Senior Affairs.

Funding for the MyCD workshops are part of a \$252,583 stimulus grant from the U.S. Administration on Aging made available through the American Recovery and Reinvestment Act of 2009.

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