

Living Well (Chronic Disease Self-Management Program)

Target Population:

- Adults dealing with a chronic disease or condition (such as: diabetes, heart disease, arthritis, asthma, cancer, depression, COPD, fibromyalgia, and many others)
- Care givers who provide care to other family members or friends dealing with a chronic disease or condition

Services:

- FREE 6 session workshop (once a week for six weeks) to provide help to...
 - Take control of your health using small steps toward positive changes and healthier living
 - Manage medications
 - Communicate better with health care providers
 - Eat healthier
 - Start a physical activity program
 - Better control pain
 - Fight fatigue and frustration
 - Manage stress and learn relaxation techniques
 - Get support in quitting tobacco use

-All participants receive an easy to follow book that outlines day to day management techniques and positive approaches to difficult changes, plus a relaxation CD.

-The Living Well Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction.

Contact/Referral:

Sandy Keller, RN
Lincoln-Lancaster County Health Department
skeller@lincoln.ne.gov
402-441-4605

Body Works

-A program of Teach a Kid to Fish, a nonprofit organization dedicated to preventing and reducing childhood obesity

Target Population:

Families and children – specifically parents and caregivers of pre-teens and teens

Services:

-8 session program (once a week for 8 weeks) that engages families and children to learn about making small manageable changes around nutrition and physical activity behaviors

-Are you concerned about your child's weight, nutrition, and/or physical inactivity? Would you like to make improvements in your family's health?

-FREE 8-week program for children ages 9 to 14 and their families, led by experts, where you and your family will learn about nutrition, try some delicious recipes, and be physically active as a family! You will receive fun incentives and prizes for participation!

Contact/Referral:

Jessie Coffey, RD
coffeyjessie96@yahoo.com
402-617-5796



www.123ActionNow.org

Saint Elizabeth Regional Medical Center Diabetes Center

Services:

-Certified diabetes educators host ongoing physician-led clinics, group classes, classes for pregnant women, support groups and are available for one-on-one consultations.

-Taking a team approach, nurses, pharmacists and nutritionists work closely with the patient's physician to develop a personal education plan tailored to each patient's level of understanding and acceptance of diabetes.

-Topics covered include nutrition, exercise, medications, blood testing, prevention and monitoring treatments.

-Pre-Diabetes-Who Me? What can you do to lower your risk of diabetes? Learn the signs and symptoms. Receive advice on changes you can make to your lifestyle to lower your risk for diabetes.

Contact/Referral:

If you have any questions about the Saint Elizabeth Diabetes Center, please call us at 402-219-8777.

Saint Elizabeth Diabetes Center
7441 O Street, Suite 200

Bryan Health Diabetes Center

Services:

-The Bryan Health Diabetes Center offers many programs to help you live with diabetes. With education, you can take control of your diabetes to live a healthier and longer life.

-RNs and registered dietitians who are certified diabetes educators teach all programs. The American Diabetes Association recognizes our Diabetes Center for excellence in diabetes education.

Contact/Referral:

To learn more or register for education programs, call 402-481-6305.

Bryan Health Diabetes Center
Bryan LifePointe
7501 S. 27th St.

