

WHAT WILL I LEARN?

The I Can Feel Better Program can help you work at overcoming the symptoms of chronic illness, so you can feel better and do more of the things you like to do. Although there are many chronic illnesses, the problems and symptoms with each one are often similar. All you have to do is learn to manage your symptoms so you can still get the most out of life!

PROGRAM INCLUDES:

- Overview of self-management and chronic health conditions
- Using your mind to manage your symptoms
- Getting a good night's sleep
- Making an action plan and goal setting
- Feedback and problem-solving
- Dealing with difficult emotions
- Physical activity and exercise
- Preventing falls
- Making decisions
- Pain and fatigue management
- Better breathing
- Healthy eating
- Communication skills
- Medication usage
- Making informed treatment decisions
- Dealing with depression
- Working with your healthcare professional and system
- Weight management

WHO SHOULD ATTEND?

The I Can Feel Better Program is for:

- Any person who has one or more chronic illnesses such as diabetes, asthma, cancer, heart disease, COPD, arthritis, stroke, and many more
- Young, or old, male or female
- Friend, caregiver, or relatives of person with chronic illness
- Any person managing symptoms such as chronic pain, fatigue or depression

WHY SHOULD I ATTEND?

- Participants will gain a strong foundation of self-management skills in an interactive, supportive environment.
- Participants will learn to manage their chronic conditions utilizing an assortment of tools and techniques.
- It will also help you develop skills to deal with treatment and chronic conditions, so you can get the best possible results.

CONTACT US!

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I CAN FEEL BETTER



A self-management course for people with chronic illness.

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I CAN FEEL BETTER PROGRAM

WHAT IS CHRONIC ILLNESS?

A chronic illness is a disease that persists for a long time. Chronic illnesses are conditions that may cause you to lose physical conditioning and suffer problems over many years. Some examples of chronic illnesses are lung disease, heart disease, arthritis, stroke, backache or chronic pain, diabetes, hypertension and obesity. Chronic diseases generally cannot be prevented by vaccines or cured by medication, nor do they just disappear. On the other hand, acute illnesses are short lived and with prompt, effective treatment you can return to a normal healthy life quickly.



HOW DOES THE PROGRAM WORK?

The I Can Feel Better program does not replace the information you get from your healthcare team, but helps you work more effectively with your team.

The I Can Feel Better Program was developed by Stanford University and has worked for thousands of patients with chronic diseases. Research has shown that participants of the program are able to manage their symptoms better, are less limited by their illness, and may spend less time in the hospital.

Claxton-Hepburn's I Can Feel Better Program teaches participants with chronic conditions to get the best out of life. It is a six-week workshop that teaches practical skills for living a healthy life while undergoing or after treatment.

Classes are fun and interactive. Participants share their success and build a common source of support.

The workshop builds confidence for managing health, staying active and enjoying life.

The I Can Feel Better Program is based on three principles:

1. Patients who improve their ability to lead healthy lifestyles, manage their stress, and solve problems are better able to manage their illness and respond to therapy.
2. Patients can learn disease management skills by observing others, practicing new skills, and getting feedback.
3. Patients can benefit from small group sessions held by trained leaders.

PROGRAM FORMAT

- The six-week program consists of 2½ hour weekly sessions.
- The program is offered in small groups of 8-12 people.
- Participants may include patients, family members, survivors, or caregivers.
- Two trained leaders lead the workshop. Leaders may be survivors, support persons, or health care professionals.
- Everyone in the group receives a resource book, a relaxation CD and program materials. **The workshop and all materials are free of charge.**
- A light snack is provided.



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