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For Immediate Release

My Health Matters Chronic Disease Self Management Program

San Antonio, March 13, 2008 – The Alamo Area Agency on Aging, in partnership with the Hill Country Crisis Council, is pleased to announce the implementation of the My Health Matters program in Comal County.

This self-management course has been designed for people with chronic conditions such as arthritis, lung conditions and heart conditions. The course, developed by the Stanford University School of Medicine's Patient Education Center, teaches people to cope with the symptoms and frustrations of living with a chronic condition. The course is evidence based, meaning that it has been subjected to rigorous research and has been documented to be effective in assisting participants in learning self-efficacy skills in managing their chronic disease and living a healthy lifestyle.

The My Health Matters program is targeted to older adults aged 60 and over and/or their caregivers. Classes will be held beginning on the following date/location:

Thursday, March 20, 2008

First United Methodist Church

572 W. San Antonio ST

New Braunfels, TX 78130

9 a.m. - 11:30 a.m.

For more information or to register, please call Debbie Billa, Alamo Area Agency on Aging, at 1-866-231-4922, ext 240.



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