



The Community YMCA

We build strong kids, strong families, strong communities.

**NEWS ADVISORY – For immediate release
July 12, 2010**

Contact: Pam Martino
Director of Media & Communications
Phone: (732) 671-5505, ext. 13
E-mail: pmartino@cymca.org

The Community YMCA
113 Tindall Road
Middletown, NJ 07748
www.TheCommunityYMCA.org

The Community YMCA Hosts Course on Chronic Disease

Free 6-week program at Red Bank YMCA

Red Bank, NJ – For many people, coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common.

The Community YMCA Family Health & Fitness Center is pleased to partner with the Monmouth County Regional Health Commission to offer *Better Choices, Better Health*, a no-cost course to help people with chronic conditions overcome these daily challenges, and maintain an active, fulfilling life.

The program was developed by Stanford University and will run **Tuesdays, July 27-August 31 at the Red Bank Y, from 6:30-9 p.m.** It is based on self-efficacy theory and emphasizes problem solving, decision-making and confidence building. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. Research confirms that a year after completing this course, participants reported increased healthful behaviors, better symptom management, improved health status, fewer physician and hospital visits, and greater confidence in their ability to manage their condition.

Adults of all ages, who are experiencing chronic conditions such as arthritis, diabetes, heart disease, asthma, fibromyalgia, hypertension, depression or any other ongoing or long-term health condition(s) can attend. Family members, friends and caregivers are also welcome, as they will benefit from the information personally and develop a better understanding of living with a chronic condition.

- more -

Page 2 of 2: The Community YMCA Hosts Course on Chronic Disease

Course participants will learn how to:

- manage symptoms
- get started with healthy eating and exercise
- communicate effectively with their doctor and health care team
- manage their fear, anger and frustration
- make daily tasks easier, and
- get more out of life

Research confirms that following the course, participants increased healthful behaviors, believed their health had improved, were less limited in their daily activities, were less bothered by their illness, and had greater confidence in their ability to manage their condition.

Enrollment is limited to 15 participants and accepted on a first-come, first-served basis. Please stop by or call the YMCA Welcome Center to reserve your spot, 732-741-2504, ext. 0. For more information, please call 732-493-9520 or e-mail sjozil@mcrhc.org.

Comments about Better Choices, Better Health:

"It changed my life... I got a lot of courage from it. A lot of courage and encouragement."

"Meeting with people who are dealing with the same things as me has given me a lot emotionally, and I think that's something I wouldn't be able to get anywhere else."

"I now have a new sense of being in control of my life, and the added confidence in self managing my problems has made me a much happier person."

"I thought the course was excellent. I thought it had a lot of good components and I liked the way it had good, practical information, but also looked at lifestyle and problem solving and taking things step-by-step."

"It helped me manage my condition, and one of the best things I learned from the class is just being able to communicate with my doctor and set plans for myself. I can manage my condition and be more comfortable with it."

The Community YMCA is a charitable community service organization dedicated to building strong kids, strong families and strong communities through programs that promote healthy lifestyles, strong values and leadership development. The Community YMCA serves more than 20,000 residents in the Monmouth County area through programs such as: preschool, before and after school enrichment, health and fitness programs, leadership and youth development, personal and family counseling, summer day camp and arts enrichment. Everyone is welcome at the YMCA, regardless of their ability to pay. Financial assistance is available through YCares, which is based on a need-based, sliding scale. For more information, visit our newly designed Web site, www.TheCommunityYMCA.org.

###

071210