

Healthier Living class offered in Wray

Written by Holyoke Enterprise

Those who have a chronic disease know it is something they deal with each and every day. Not only do they need to manage the disease itself, but they may at times feel overwhelmed by the effect the disease has on their life.

For those who have ever felt saddened, stressed or angry about the disease or are affected by the disease of a loved one, the Wray Hospital provides a class called Healthier Living Colorado. This class offers the chance to make positive changes in life.

The six-week course is designed for participants and support persons who want to learn to become better self-managers. The program was developed by Stanford University and covers various topics like dealing with pain and fatigue, nutrition, medications, communicating with health care providers and more. Learning to help oneself in a way that suits him/her as an individual can be a powerful experience.

This Healthier Living Colorado Program is sponsored by the Cancer, Cardiovascular Disease and Pulmonary Disease Grants Program at the Colorado Department of Public Health and Environment. The class is currently offered free of charge.

An introduction to the class was held Monday, Oct. 5 at the Wray Community District Hospital South Education Room. Those with a chronic disease are encouraged to take a support person with them. Actual classes begin Monday, Oct. 12 from 1-3:30 p.m. and continue on Mondays through Nov. 16.

For more information or to register contact Denice Baucke, RN at 970-332-2213 or Vonie Weaver at 970-332-5147. If these class times are not convenient, please call, as they may be able to offer an evening class in the future.