

Choose a class for the public:

Online workshop: Chronic Disease Self-Management Program (for Internet users)

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Class location listings:

From any location:

- An online class for individuals with computer skills and Internet access
- Enroll now for upcoming classes in October, November, January or February
- Free

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Details:

What

This is an online, Internet-based class for adults age 18 and over with any type of ongoing health condition or disability. Just like the in-person classes, the online workshop (called “Better Choices Better Health Online”) supports participants in making better choices and taking charge of their own health. The class is six weeks long and requires about two hours of participants’ time per week.

Through this program, participants learn ways that nutrition, exercise/physical activity, relaxation, pain management and other actions can help them feel better. Workshop members communicate online with trained facilitators and interact with other participants using an Internet message board to give and receive suggestions and encouragement. Participants set their own goals and weekly action plans that build success throughout the class and beyond.

Cost

Free to any adult in Colorado with an ongoing health condition or disability.

Additional Information

The online environment enables participants to share information anonymously and to access the program from any location 24/7.

This type of class is best suited for people who are motivated to work independently and who use computers and the Internet on a regular basis.

Where

Anywhere participants have computer access.

When

Classes are starting on various dates in October and November 2015, and again in January and February 2016.

Register

Please click the registration link to enroll: <https://shared.selfmanage.org/shared/colorado/>

(On the enrollment form, applicants must be able to respond “yes” to the question “Are you limited in any way in any activities because of physical, mental, or emotional conditions/disabilities?”)

If you have questions, please contact Connie Young at connie.young@state.co.us .