MaineHealth Target Diabetes Program
Talk to a Health Educator
Call: 1-866-609-5183
Website: [http://www.mainehealth.org/diabetes](http://www.mainehealth.org/diabetes)

How to Register for a Class:
Online: [www.MaineHealthLearningCenter.org](http://www.MaineHealthLearningCenter.org)
Telephone: 1-866-609-5183
Partner Programs & Classes

The MaineHealth Learning Resource Center connects community members to evidence-based workshops that are proven to work. If your health is keeping you from doing the things that you want to do, register for one of these classes by calling the Southern Maine Agency on Aging at 1-800-427-7411.

Living Well for Better Health
Tired of being tired, anxious or in pain? This six-week class developed by Stanford University can help you take control and restart your life! This workshop is open to adults of all ages who have ongoing health problems or care for people who do.

A Matter of Balance
Unintentional falls are a leading cause of injury, hospitalization and death for older adults. But you can stay active and independent. Take control of your fear and reduce your risk of falling.

Chronic Pain Self-Management Program
This six-week program will teach you techniques to manage pain, balance exercise and rest, communicate more effectively, and skills you can use to reduce frustration, fatigue, pain and poor sleep.
**Living Well for Better Health Programs**

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**WHAT IS Living Well FOR BETTER HEALTH**

A program of Healthy Choices for ME!

Living Well is a six-week program for anyone living with a long-term health problem such as:

- Asthma
- Arthritis
- Cancer
- COPD
- Congestive Heart Failure
- Diabetes
- Depression
- Fibromyalgia
- Heart disease
- Obesity
- Parkinsons

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**Living Well for Better Health** – is designed for those diagnosed with a chronic health condition, such as Diabetes (and or any other health concern that persists over months or years)

Living Well for Better Health (also known as the Chronic Disease Self-Management program) is a 6-session workshop designed to help people with chronic health issues learn about different "tools" or techniques to manage their symptoms, improve their health, and start living a more fulfilling life.

Participants and trained leaders meet once a week for 2.5 hours each session to discuss various strategies to become proactive self-managers of one's own health.

Participants learn about:

- How to take control of one's health by stopping the symptom cycle that keeps you feeling stuck
- Eating and exercising for better health
- Evaluating medications and treatment options
- Techniques to improve sleep and relaxation
- Effective communication with friends, family, caregivers, and health professionals
- How to use action planning to set realistic goals in our daily lives and achieve them

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<thead>
<tr>
<th>Agency Name</th>
<th>Counties Served</th>
<th>Contact</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Aroostook Agency on Aging</td>
<td>Aroostook</td>
<td>Sharon Berz</td>
<td>1.800.439.1789</td>
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<tr>
<td><a href="http://www.aroostookaging.org/">www.aroostookaging.org</a></td>
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<tr>
<td>Eastern Area Agency on Aging</td>
<td>Penobscot, Piscataquis, Hancock &amp; Washington</td>
<td>Lisa Dunning</td>
<td>1.800.432.7812</td>
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<td><a href="http://www.eaaa.org">www.eaaa.org</a></td>
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<td>SeniorsPlus</td>
<td>Androscoggin, Franklin &amp; Oxford</td>
<td>Kathy Brill</td>
<td>1.800.427.1241</td>
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<td><a href="http://www.seniorsplus.org">www.seniorsplus.org</a></td>
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<tr>
<td>Southern Maine Agency on Aging</td>
<td>Cumberland &amp; York (except Brunswick &amp; Harpswell)</td>
<td>Liz Weaver</td>
<td>1.800.427.7411</td>
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<td><a href="http://www.smaaa.org">www.smaaa.org</a></td>
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<td>Spectrum Generations</td>
<td>Knox, Lincoln, Waldo, Somerset, Sagadahoc &amp; Kennebec (and Brunswick &amp; Harpswell)</td>
<td>Mary Dimascio</td>
<td>1.800.639.1553</td>
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<td><a href="http://www.spectrumgenerations.org">www.spectrumgenerations.org</a></td>
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*Living Well for Better Health* is offered by the Center for Agewell Programs at the Southern Maine Agency on Aging (SMAA). *Living Well for Better Health* is a Stanford CDSME Program provided in partnership to the Maine DHHS health initiative, Healthy Choices for ME!
MaineGeneral Health
Living Well Chronic Disease Self-Management Classes
Classes are: 2 hours per week for 6 weeks
Contact: (207) 621-3742
Website: https://www.mainegeneral.org/Pages/Community-Health/Prevention-Center/Living-Well-Chronic-Disease-Self-Management.aspx
Location and Contact Information:

The Diabetes Education program is located at York Hospital's Living Well Center at 127 Long Sands Road in the Long Sands Plaza, York, Maine 03909

Telephone: 207.351.3702
Website: www.yorkhospital.com/programs/living-well-center.aspx
Must have a referral from primary care provider.

Click here for the Referral Form

Location of Classes: All diabetes self-management classes are taught at Mercy Hospital at Fore River (hospital building) in the 3rd floor conference room.