

# Hyde County Health Department

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*From the Lodge to the Lighthouse  
We're striving for a healthier Hyde*

*Wesley P. Smith  
Health Director*

## NEWS FOR IMMEDIATE RELEASE

### **Program Aims to Help Seniors with Chronic Diseases**

A program called Living Healthy, aimed at helping people 60 and older who live with a chronic disease, is set to begin April 22<sup>nd</sup> at 10:00 am at Greater Piney Grove Christian Church. The six-week program will consist of free weekly meetings in which people trained in caring for different diseases and conditions give talks, and facilitate discussions among those attending the meetings.

“This is for adults age 60 and over who have a chronic disease such as COPD, arthritis, heart disease, asthma, fibromyalgia, any chronic disease,” said Liz Mumm, Public Health Educator II, of the Hyde County Health Department.

The focus of the meeting is to help people understand how they can live with their diseases. “The idea is to help people change their lifestyles so they will not have as many problems with the disease they have, and to prevent disease from developing down the road,” Mumm said. “This will be educational and very interactive; it is teaching people how to change their behaviors, in order to live healthy lives. This program teaches them how to set goals, how to talk to their doctors, how to better manage their medication, and how to deal with some of the chronic disease side effects they have to deal with every day.”

Mumm said an example of what they might explore would be for someone who has just been diagnosed with Type 2 diabetes. “They may have been told they need to alter their weight. One way to do that is to begin an exercise program. We could help them learn how to incorporate exercise into their daily routine.”

Mumm said that while the classes are free, advance registration is required. “People who want to participate need to call me by April 21<sup>st</sup>,” she said. Meeting times will be from 10:00 am until 12:00 pm or 12:30 pm each Tuesday for six weeks, beginning on April 22<sup>nd</sup>. Mumm said all participants will receive a free book and CD.

For information about this free program, contact Liz Mumm, Hyde County Health Department Public Health Educator II, at 252-926-5289 or [emumm@hydehealth.com](mailto:emumm@hydehealth.com)

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