



Media Release

For immediate release

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Chronic Disease Self-Management Training Comes to Stony Rapids

Participants from Stony Rapids, Black Lake and Fond du Lac joined the March 2nd to 5th Chronic Disease Self-Management Program session held in Stony Rapids, Saskatchewan. These participants, including one elder, learned about effective self-management of chronic disease and the difference it can make in quality of life.

Vince Robillard, CEO of the Athabasca Health Authority says chronic disease self-management has far-reaching effects in northern Saskatchewan.

"When quality of life improves for individuals with chronic disease, they're better able to be full participants in their families and communities. When you consider the prevalence of chronic disease in northern Saskatchewan, it's easy to see that self-management benefits everyone."

Knowing how to self-manage chronic disease self-management helps those who have chronic diseases work with health care providers and other supporters in order to live well.

This program was delivered through a partnership between the Athabasca Health Authority, the Chronic Disease Network & Access Program, and the Northern Health Strategy's Northern Chronic Care Coalition.

About the Northern Chronic Care Coalition

The Northern Chronic Care Coalition (NCCC) is a project of the Northern Health Strategy. Their goal is to ease that burden by improving chronic disease management in northern Saskatchewan.

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