



VIRGINIA GAY
HOSPITAL

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

FREE 6-WEEK COMMUNITY WORKSHOP

Take control of your health. Build confidence. Live well.

Are you living with a chronic health condition?

Join us for a free, interactive six-week workshop designed to provide practical tools and support to help you better manage your health and improve your quality of life.

WHAT YOU'LL LEARN



Manage symptoms and daily challenges



Communicate more effectively with your healthcare team



Make healthy lifestyle choices



Set personal goals



Solve problems and overcome challenges



Build confidence in managing your health

CERTIFIED INSTRUCTORS



Sara Wattnem, RD, CSOWM, LD, CDCES, IEDS
Certified CDSMP Facilitator
Nutrition education and participant support



Logan Neal, BSW, Care Coordinator
Certified CDSMP Facilitator
Resource coordination, participant support services, and community resource navigation



Sara and Logan will lead the six-week workshop, facilitate course activities, encourage participant engagement, and provide support throughout the program.

HOSTED BY



Katie Cox, BSN, RN
Director of Ancillary Services and Community Health
Virginia Gay Hospital

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

FREE 6-WEEK COMMUNITY WORKSHOP



Tuesdays, September 1–October 6, 2026



9:00 a.m. – 12:00 p.m.



Virginia Gay Hospital
Clinic Conference Room

Free pilot course • Free book included
Space limited to 10 participants

WHAT'S INCLUDED?



FREE *Living a Healthy Life with Chronic Conditions*, 5th Edition book



FREE pilot course



Each participant may invite one guest to accompany them.

SPACE IS LIMITED!



Minimum of 8 participants required



Maximum of 10 participants



Participants must be able to attend all six sessions



Virginia Gay Hospital employees are not eligible to participate in this pilot course



TO REGISTER

Katie Cox, BSN, RN
Director of Ancillary Services and
Community Health
Virginia Gay Hospital

319-472-6317



Registration will be monitored through mid-August.
Register early to reserve your spot!



Quality Care. Close to Home.

www.vgh.org