

**FOR IMMEDIATE RELAEASE**

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**Living with Chronic Disease Focus of SMH Health Education Program**

PLYMOUTH, N.H. --- Understanding the mind/body connection and its role in successful disease self-management is the goal of Speare Memorial Hospital’s health education program **Living with Chronic Disease** on Saturday, March 27. The program is free and begins at 9 a.m. in the Community Room at Speare Memorial at Boulder Point, located at 103 Boulder Point Drive in Plymouth.

Dr. Kathy Pearson, Tenney Mountain Internal Medicine, will deliver the keynote address *Understanding the Mind/Body Connection*. She explains, “Human beings are like a nautilus shell, made up of many intricate parts and systems that work together. When something isn’t quite right, the body sends us a message. But do we choose to listen?” She says that if we ignore the message the body will send a louder one. On the other hand, the mind is also a powerful tool in helping people take charge and manage their disease.

Following her address, four panelists will share their stories of challenge and milestones along the disease management pathway. For Judy Gove it is the fight against breast cancer. For John Hollinrake, “heart disease has changed everything.” At 31 Karen Young was diagnosed with type 1 diabetes. And just before her “climb to the clouds,” Marie Veselsky was tumbled by Lyme disease. Also on hand will be support service providers from cardiopulmonary services, cardiac rehab, RehabFIT, social services, diabetes support and Lakes Region Community Services to answer questions and talk about resources locally.

Contact SMH Community Relations with questions or for more information at (603) 238-6468. Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at [www.spearehospital.com](http://www.spearehospital.com) and join us on Facebook.

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