Well known social gerontologist & public health researcher Dr. Charles Longino (1997) predicted that chronic disease would be one of the most pressing public health problems in the new millennium, and he was right. Chronic conditions can interfere with work, daily life activities, and engagement in valued leisure activities, and have significant negative consequences for physical, socio-emotional and cognitive health. Even the treatments meant to improve symptoms and delay disease progression can have uninvited consequences such as side-effects that further compound the experience of chronic disease.

In this interactive talk, I will share how the role of leisure activity is central to actively coping/managing chronic disease in ways that can improve health and well-being, and how chronic conditions can negatively affect leisure engagement, which can have devastating consequences for health and well-being. Taking inter and multi-disciplinary approaches to self-management and health behavior change is a core value of my work, which seeks to improve both practice-based research and research-based practice.