



PUT LIVING BACK IN YOUR LIFE

Chronic Disease Self-Management Program

TAKE CONTROL

The Chronic Disease Self-Management Program is a FREE workshop for people with ongoing health conditions such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS, etc. Participants meet 2 hours per week for 6 weeks. There is no charge for the workshop or book [Living a Healthy Life with Chronic Conditions](#).

Program Overview

- How you can work with your Doctor and others on your health care team
- Medication “how to’s”
- Personalizing a fitness program
- Relaxation techniques
- Dealing with negative emotions
- Managing your symptoms
- Improving communications with family, friends and others
- Tips for eating well
- Personal goal setting
- Effective problem-solving

Workshops help participants improve health and wellbeing while decreasing pain, stress, frustration, fear, fatigue, isolation and depression. Day to day management of your chronic disease improves through skills learned over the 6-week session.

For more information or to register (pre-registration required) call:

CHRISTIAN COUNTY SENIOR CENTER – Linda or Vicki

Workshop at Christian County Senior Center, Wednesdays from 12:30pm to 2:30pm starting on February 22, 2012 and continuing through March 28, 2012.

Please call to register in advance of start date.