

Living a Healthy Life with Chronic Conditions

Based on Stanford University's Chronic Disease Self-Management Program

Learn how to live a better life with chronic diseases such as diabetes, heart disease, chronic respiratory disease, etc.



A FREE PROGRAM*
ALL MATERIALS PROVIDED



Scan to watch a video
about this program

TOPICS COVERED

- Managing symptoms
- Healthy eating
- Medication usage
- Stress management
- Making informed treatment decisions
- Working with healthcare providers
- Setting goals

UPCOMING VIRTUAL CLASS

Fridays - 10 a.m. to 12 p.m. EST
January 23, 30, Feb 6, 13, 20, 27
via Zoom

To register, contact Cathy Jones at
812-888-5159 or
Catherine.Jones@vinu.edu

*This workshop does not replace any of your existing programs or treatments