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.

Generations
Area 13 Agency On Aging & Disability
A member of the INconnect Alliance.

SCAN ME

Scan to watch a video about this program!

William T. Murphy Community Center 12 PM - 2:30 PM

Sept 14, 21, 28, Oct 5, 19, 26, Nov 2, 9,16, & 30

At the end of each seesion, we will do our Circle of Friends Art program.

Free Program, All Materials Provided

Topics Covered

- Managing Symptoms
- Healthy Eating
- Medication Usage
- Stress Management
- Making Informed Treatment Decisions
- Dealing with Your Health Care Provider
- Setting Goals

***This workshop DOES NOT replace any of your existing programs or treatments.**

For more information contact Cathy Jones at 812-888-5159 or by email at catherine.jones@vinu.edu

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