

Living a Healthy Life with Chronic Conditions

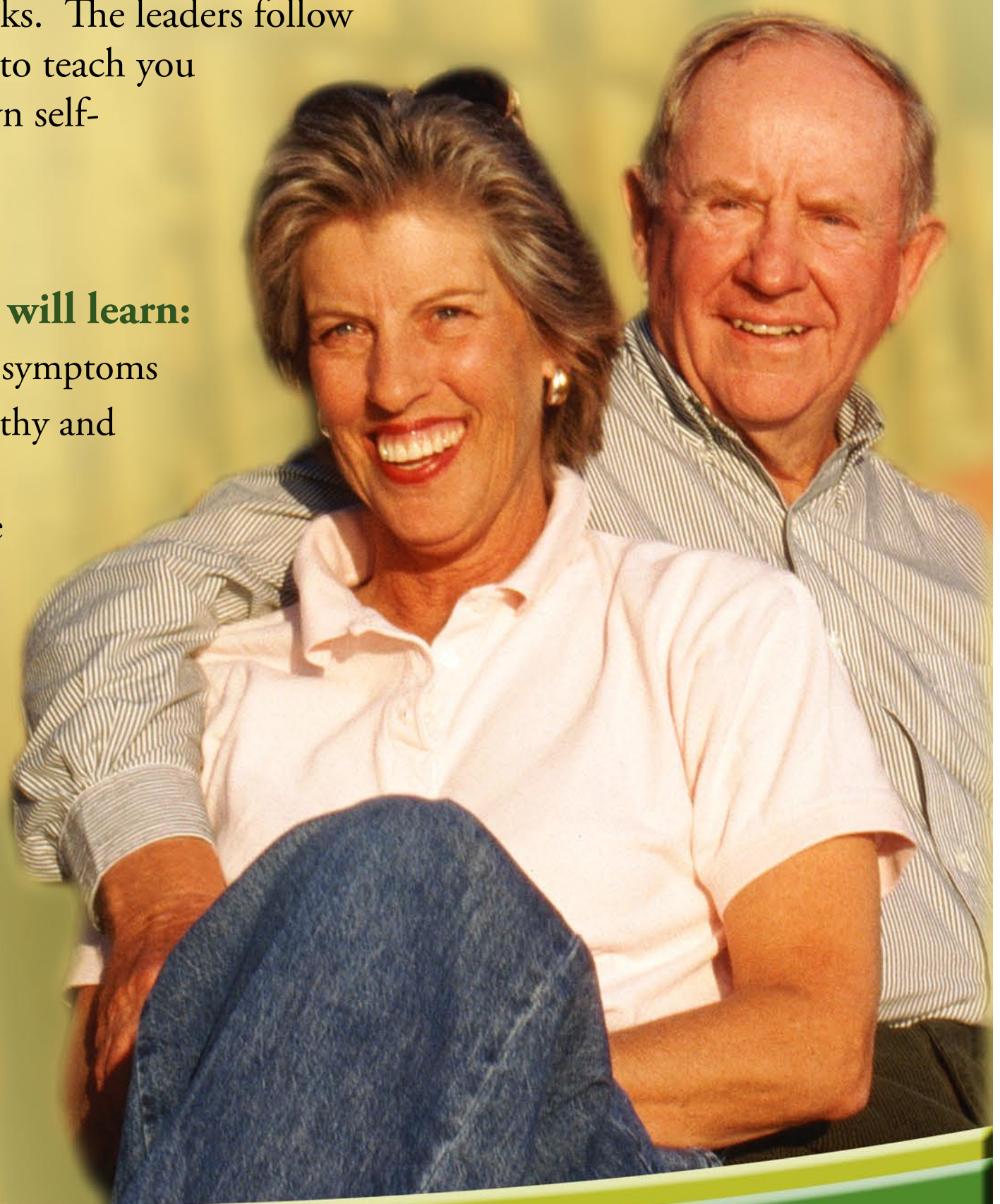
Self-Management Program

“Living a Healthy Life with Chronic Conditions” is a patient education program for people living with ongoing health problems such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS, and chronic pain.

A workshop education session is given once a week for 2 ½ hours, for six consecutive weeks. The leaders follow a standardized outline to teach you how to design your own self-management program.

In the program you will learn:

- How to manage your symptoms
- How to eat more healthy and live more actively
- How to communicate effectively with your health care team
- How to manage your fear, anger and frustration
- How to make daily tasks easier
- How to get more out of life



For more information or
to register, please call
388-6654 or 1-866-506-6654



Supported by the Chronic Disease Management and Prevention Network