

Healthy Living with Chronic Conditions

Are you ready to make a change and feel great?

Join us for a FREE, peer-led, interactive workshop for participants with one or more chronic conditions. Workshop is 6 weeks, 1 day each week for 2 and a half hours.

- Learn new tools to help with day-to-day responsibility for your care.
- Increase skills necessary to manage your health.
- Learn how to work effectively with your health care provider.

Conditions That May Benefit

Diabetes • Heart Disease • Mental and Behavioral Health • Arthritis • Chronic Pain and Fatigue • COPD and Asthma • HIV • Hep C

Topics Include

- Developing Decision-Making and Problem-Solving Skills
- Long-Term Exercise Plans, Eating Healthy, and Weight Management
- Dealing with Anger, Depression, and Other Negative Emotions
- Managing Fatigue
- Communicating with Family, Friends, and Physicians
- Using Prescribed Medication Appropriately
- Making Informed Treatment Decisions
- Fall Prevention

Our Chronic Disease Self-Management Program is an evidence-based self-management program originally developed at **Stanford University**, now known as **SMRC** (Self-Management Resource Center).

They have found that people who take the program have improved their healthful behaviors and health status.



Enroll today!

509.462.7676

or

509.434.0402

healthyliving@chas.org

Workshop is 6 weeks long.

Next Workshop:

Time:

Location:

Address:

