



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.



**Virtual class to begin on
Thursday, June 9th, 2022**

**Classes will be held from
10 a.m. to 12 p.m. every
Thursday through
July 14th, 2022**

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.**

All Materials Provided



Your computer system must have a camera and microphone. For more information or to register contact Cathy Jones at 812-888-5159 or catherine.jones@vinu.edu.

Class size is limited.

This project is supported by the University of Southern Indiana's Geriatrics Workforce Enhancement Program (GWEP) funded by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). Proud partners are University of Southern Indiana, Deaconess Clinic, Generations and SWIRCA & More.