



Living a Healthy Life with Chronic Conditions

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

SWIRCA

16 West Virginia St.
Evansville, IN 47710

Tuesdays from 9:30 a.m. to 11:30 a.m.
Aug 23, 30, Sept 6, 13, 20 & 27

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

Topics Covered

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

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



*Scan to watch a
video about this
program!*

All Materials Provided

Registration limited to 15 participants



For more information or to register contact Cathy Jones at 800-742-9002
or catherine.jones@vinu.edu

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