



# 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.



## 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.**

**Generations - Young Building  
1019 N. 4th St  
Vincennes, IN 47591**

**THURSDAYS - 10 am to 12 pm  
(light lunch will be provided)**

**October 6th, 13th, 20th, 27th,  
November 3rd and 10th**

**\*Free Program\***

**\*All Materials Provided\***



**For more information contact Cathy Jones at 812-888-5159 or by email at  
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