

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.

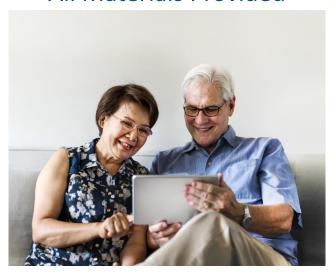
Generations - Young Building 1019 N. 4th St Vincennes, IN 47591

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 catherine.jones@vinu.edu

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