

LiveWell Be Well

TAKE CHARGE OF YOUR HEALTH

FREE 6 WEEK CHRONIC DISEASE WORKSHOP

Class size is limited - Register early!

WHO SHOULD ATTEND

Anyone with a **chronic health condition** OR anyone who is a caregiver for someone with a chronic health condition such as:

- Arthritis
- Asthma
- Diabetes
- Parkinson's
- Heart Disease
- Lung Disease
- Emphysema
- Others



WHAT YOU'LL LEARN

- Building a more effective relationship with your doctor
- Solving problems
- Exploring an exercise routine
- Communicating with family and friends about your condition
- Eating tips to help you feel better
- Managing your medications
- Setting and achieving goals
- Dealing with pain, frustration, isolation, lack of energy

Developed at Stanford University, this evidenced-based self management program has produced the following outcomes:

- Reduction of days in the hospital
- Reduction of emergency room visits
- Increased feeling of control of your life
- Improved quality of life
- Increased energy levels
- Significantly improved overall health status
- Reduced healthcare costs



CLASS MEETS

WHEN

Tuesdays for 6 Weeks
June 4 – July 9, 2024
10:00am - 12:30pm

WHERE

Virtual – Microsoft Teams
(details will be sent out upon registration)



To Register Or For More Information



CALL

618-457-5200 ext. 67837



Or go ONLINE:

hsidn.org/livewellbewell