

# Live Well Be Well

TAKE CHARGE OF YOUR HEALTH

## 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

Every Tuesday afternoon for 6 weeks

June 4, 2019 – July 9, 2019

All sessions meet 1:30 pm - 4:00 pm

### WHERE

Massac County Clinic  
Southern Seven Health Dept.  
1230 Commercial Park Road  
Metropolis, IL 62960

**FREE** 6 WEEK  
**CHRONIC DISEASE**  
**WORKSHOP**

Class size is limited - Register early!



**CDSMP**

Register Or More Information



**CALL**

Southern Seven Health Department

**618.524.2212**



**ONLINE**

[hsidn.org/takecharge](http://hsidn.org/takecharge)