

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
January 14, 2020 – February 18, 2020
All sessions meet 1:00 pm – 3:30 pm

WHERE

Sallie Logan Public Library
1808 Walnut St.
Murphysboro, IL 62966

FREE 6 WEEK
CHRONIC DISEASE
WORKSHOP

Class size is limited - Register early!



CDSMP

Register Or More Information



CALL

866.744.2468 or

Online at

hsidn.org/takecharge