

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 Wednesday evening for 6 weeks
July 17, 2019 – August 21, 2019
5:00 pm - 7:30 pm

WHERE

Sparta Community Hospital
Suite B, Broadway Plaza
5 East Broadway Street
Sparta, IL 62286

FREE 6 WEEK
CHRONIC DISEASE
WORKSHOP

Class size is limited - Register early!



CDSMP

Register or More Information



CALL

618.443.1227 or

Online at

hsidn.org/takecharge