Take Charge of Your Health:

Live Well, Be Well

Stanford University has spent many years testing and revising this program in chronic disease self-management. Participants have experienced improvements in health status & health behaviors and the program has been associated with fewer emergency department visits.

Who wouldn’t want to feel better and experience life more fully?

WHY TAKE THIS SELF-MANAGEMENT COURSE?

An evidence-based program to help you manage your chronic health conditions and live better!
Content
This program is being offered across the country. It will help you take steps towards positive change and healthier living as you build your confidence and your ability to manage your day-to-day life.
Topics include:
• Working with your doctor
• Medication “how to’s”
• Personalizing a fitness & exercise program
• Relaxation techniques
• Dealing with negative emotions
• Managing symptoms
• Improving communication
• Tips for eating well
• Setting goals

How It Works
The program is offered free of charge to the community. We just ask that you make a personal commitment to attend all of the sessions if at all possible.

The program runs one day a week for six weeks. Each session is about 2 1/2 hours long with planned breaks, lots of interaction, and time for questions.

Two leaders—who also have chronic health conditions—present the information and facilitate the discussion.

A companion book, Living a Healthy Life with Chronic Conditions, and a relaxation CD are available for loan or purchase.

Who Should Attend
These days more and more of us are living longer with chronic health conditions.
Anyone—regardless of age—with a long-term health condition such as:
• Arthritis
• Heart Disease
• Asthma
• Lung Disease
• Diabetes
• Emphysema
• Parkinson’s
• Other chronic conditions
• Those who care for those with chronic conditions

Why not live better?

For more information and/or to inquire about class dates, times, and locations, please call (217) 423-6988 ext: 1130.