

Sick and tired of being sick and tired?

TAKE CONTROL!

Enroll in the

“Living a Healthy Life with Chronic Conditions”

Self Management Program

An evidence-based program for people with chronic health conditions

Program Coordinated by: Alzheimer's Family Center

Program Overview

- Working with your doctor
- Medication "how to's"
- Personalizing a fitness and exercise program
- Relaxation techniques
- Dealing with negative emotions
- Managing symptoms
- Improving communications
- Tips for eating well
- Setting weekly goals
- Effective problem-solving

The Living a Healthy Life with Chronic Conditions Self Management Program is for people with ongoing health conditions such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS, etc. Participants meet 2.5 hours per week for 6 weeks in community settings such as senior centers, churches, libraries, hospitals, etc., at various locations. Learn how to deal with symptoms, frustration, and how to design your own self-management program.

For more information, call the Alzheimer's Family Center

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