



Living a Healthy Life with Chronic Conditions

Based on Stanford University's **Chronic Disease Self-Management Program**

Learn how to live a better life with chronic diseases such as diabetes, heart disease, chronic respiratory disease, etc.



Trinity United Methodist Church
125 S 5th St.
Rockport, IN 47635

TUESDAYS - 10 am to 12 pm

**October 25th, November 1st, 8th,
15th, 22nd and 29th**



*Scan to watch a video
about this program!*

Topics Covered

- Managing Symptoms
- Healthy Eating
- Medication Usage
- Stress Management
- Making Informed Treatment Decisions
- Dealing with Your Health Care Provider
- Setting Goals

***This workshop DOES NOT replace any
of your existing programs or treatments.**

Free Program
All Materials Provided



For more information contact **Cathy Jones** at **812-888-5159** or by email at **catherine.jones@vinu.edu**

This project is supported by the University of Southern Indiana's Geriatrics Workforce Enhancement Program (GWEP) funded by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). Proud partners are University of Southern Indiana, Deaconess Clinic, Generations and SWIRCA & More.