

# 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.



**A FREE PROGRAM\***  
**ALL MATERIALS PROVIDED**



Scan to watch a video about this program

## TOPICS COVERED

- Managing symptoms
- Healthy eating
- Medication usage
- Stress management
- Making informed treatment decisions
- Working with healthcare providers
- Setting goals

## UPCOMING CLASS



16 West Virginia St.  
Evansville, IN 47710

Thursdays -9:30 am to 11:30 am CST June  
1, 8, 15, 22, 29 & July 6

To register, contact Cathy Jones at  
(812) 888-5159 or by e-mail at  
[Catherine.Jones@vinu.edu](mailto:Catherine.Jones@vinu.edu)

\*This workshop does not replace any of your existing programs or treatments



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