

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 CLASSES

Tuesdays - 2 p.m. to 4:30 p.m.
March 14, 21, 28
April 4, 11 and 18

Deaconess Downtown Clinic
120 SE 4th St.

Evansville, IN 47713

3rd Floor Conference Room

**For more information or to register contact Cathy Jones at (812) 888-5159
or catherine.jones@vinu.edu**

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

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