

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

ONLINE

Tuesdays - 11 a.m. to 1 p.m. CST;
12 p.m. to 2 p.m. EST

September 5th, 12th, 19th, 26th,
October 3rd and 10th

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

Your computer system must have a camera and microphone.



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