



# Living a Healthy Life with Chronic Conditions

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

## \*All Materials Provided\*

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

### Topics Covered

- Managing Symptoms
- Healthy Eating
- Medication Usage
- Stress Management
- Making Informed Treatment Decisions
- Working with Health Care Providers
- Setting Goals

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

**Generations**  
Area 13 Agency On Aging & Disability  
A member of the  iConnect Alliance.



**SCAN ME**

*Scan to watch a video  
about this program!*



**For more information or to register contact Cathy Jones at 812-888-5159  
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