

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

Tri-County YMCA
131 E 16th St.
Ferdinand, IN 47532

Thursdays - 12:30 pm to 2:30 pm EST
April 6, 13, 20 and 27
May 4 and 11

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

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



This project is supported by the University of Southern Indiana 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 the University of Southern Indiana, Deaconess Clinic, Generations, and SWIRCA & More.



GenerationsNetwork.org