

Learn Tools for Better Health

Chronic Disease Self-Management Classes

Are you living with chronic pain, diabetes, arthritis, or caring for someone who is? This workshop teaches participants techniques and tools to better manage common symptoms associated with many diseases.

This is a FREE workshop to attend!

- Learn decision-making and problem solving skills
- Communicate effectively with family, friends and health professionals
- Manage fatigue
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with anger, depression, and difficult emotions
- Better manage your health

“The workshops put me back in charge of my life, and I feel great. I only wish I had done it sooner.” –
Living with Chronic Conditions workshop participant

6-week workshop series runs 2 sessions through out the year.

Call below for the next class.

Living with Chronic Disease

Call: 620-259-8401 to register

This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11SOW-GPQIN-KS-GEN-154/0517



A partnership for better health