

Learn Tools for Better Health

Chronic Disease Self-Management

Are you living with a Chronic Disease such as, Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Chronic Pain, Emphysema or other Physical and Mental Health Conditions. These workshops teach participants techniques and tools to better manage common symptoms associated with chronic disease.

FREE 6-week workshop series

- 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

**Interested in participating in a class?
Call 665-8882 to sign-up for an
upcoming class**



Do you have a group of 6-12 people that are interested in this program? We will teach this at your facility within Reno County



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A partnership for better health