

Live
like your life

depends on it

▶ **A Chronic Disease Self-Management Program for Heart Diseases, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and many others.**



University of Missouri Extension programs are open to all regardless of their race, color, religion, sex, sexual orientation, national origin, age, disability, or status as a Vietnam-era veteran.

For information on the course contact:

**Glenda Kinder,
Nutrition & Health Education Specialist
University of Missouri Extension**

**Phone: 816-407-3490
E-Mail: kinderg@missouri.edu**

UNIVERSITY OF MISSOURI
Extension

✂ _____
Registration Form

Name _____
_____ Additional Family Members Names: _____

Address: _____

Phone: _____ E-Mail: _____

To register please return form by mail or fax *or* call Glenda Kinder at University Extension:

University of Missouri Extension
1901 NE 48th Street, Kansas City, MO 64118
Phone: 816-407-3490 Fax: 816-407-3491
Platte Woods United Methodist Church contact: Vicki Dale, LPC
816-741-2972 Ext. 229



6 Week Self-Management Course



Dates: Tuesdays
October 6th - November 10th

Times: 9:00 - 11:30 a.m.

Location: Platte Woods United
Methodist Church
7310 NW Prairie View Rd.
Kansas City, MO 64151
Room 216

Pre-registration Required

Return form by mail or fax
(see back) or call to enroll.

Deadline: September 29th

Cost: FREE

Sponsoring Organizations:

Platte Woods United Methodist Church
AARP Missouri
University of Missouri Extension
Regional Arthritis Centers

This course is a workshop for adults living with chronic conditions and their family members.

Classes are highly interactive, where mutual support and success builds confidence in the participant's ability to manage their health while achieving and maintaining active and fulfilling lives.

**Funded in part by
Regional Arthritis Centers and
MU School of Health Professionals**

Don't miss this opportunity to learn from others, design your own plan, and get started on the road to enjoying life more.

This program has a proven track record; it works!

Learn tips on:

- Pain Management
- Working with your Doctor
- Medication Usage
- Exercise
- Nutrition
- Assessing health information
- Stress Management

This course was developed and tested by the Division of Family and Community Medicine in the Department of Medicine at Stanford University in California.

Facilitators: Glenda and John Kinder