

# **Need Help with Arthritis, Asthma, Cancer, Diabetes, Heart Disease, Depression, Osteoporosis, Fibromyalgia, Lupus and other conditions?**

## **Dates:**

January 22—February 26  
(six consecutive Mondays)

**Time:** 1:30 p.m. to 4:00 p.m.

**Location:** Cooper County MU Extension Office meeting room

**Register:** Please call the Cooper County MU Extension Office at 660-882-5661 with questions or to register.

## **Learn how to:**

- Relax and handle difficult emotions
- Manage symptoms & medication
- Increase Exercise & eat healthy
- Set realistic goals

Attend the **Show Me Better Health with Chronic Conditions Workshop in 2018!**

**This workshop would benefit you if you...**

- Have been diagnosed with an ongoing, chronic health condition
- Are living with someone who has a chronic disease
- Are taking care of someone who has a chronic disease

UNIVERSITY OF MISSOURI  
 **Extension**



**MU: An equal opportunity/ADA institution**

If you need special accommodations because of a disability, or if you need materials in an alternate format, please contact: [traubs@missouri.edu](mailto:traubs@missouri.edu) or 660-882-5661