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

Learn how to:

- Relax and handle difficult emotions
- Manage medications
- Manage symptoms
- Set realistic goals
- Communicate more effectively

Attend the Show Me Better Health Workshop in 2016! Learn how to manage your ongoing health condition.

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

Presented by:

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: traubsr@missouri.edu or 660-882-5661