Need Help with Arthritis, Asthma, 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

**Dates:** Sept 13 to Oct 18 (six consecutive Wednesdays)

**Time:** 1:00 p.m. to 3:30 p.m.

**Location:** Jordan Valley Clinic, conference room

**Register:** Please call the Laclede County MU Extension Office at 417-532-7126 with questions or to register.

Chronic Disease Self-Management Workshop in 2017!
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: 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 or 660-882-5661