

Do you or someone you care for have diabetes, heart disease, back pain, cancer, arthritis, fibromyalgia, depression or ANY other ongoing health condition? Join us for...



*Chronic Disease
Self-
Management
Program*

Developed by Stanford
University
Research Center

TOPICS INCLUDE:

- Nutrition & exercise
- Pain, fatigue, difficult emotions & depression
- Medications & making treatment decisions
- New ways to communicate with family, friends & healthcare providers
- Weekly action planning & problem solving

CLASSES ARE:

- Interactive, where support and success builds confidence in your ability to manage your health.
- Confidential and protected by the Privacy Act. We follow strict privacy policies to protect personal information.

6 Week Workshop

Evidence-based Program that provides tools and tips to improve one's quality of life.

Mercy Hospital
Community Room

500 S Porter Ave, Aurora

Thursdays, Aug 16 – Sept 20

2:00 – 4:00 p.m.

CALL:

417-682-3579

or

417-881-8909

UNIVERSITY OF MISSOURI
 **Extension**
An Equal Opportunity/ADA Institution

 Barton
County
Health
Department
Home Health Agency

Class is free thanks to a grant from the MO Dept. of Health and Senior