

Live
like your life

depends on it

▶ **A Chronic Disease Self-Management Program for Adults with 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

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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

**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

**This course is a workshop for
adults living with chronic condi-
tions. Adult family members or
caregivers are also encouraged
to attend.**

**Classes are highly interactive,
where mutual support and
success builds confidence in
the participant's ability to man-
age their health while achieving
and maintaining active and ful-
filling lives.**

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MU School of Health Professionals**
