

Do you or someone you care for have diabetes, heart disease, asthma, arthritis, or any other ongoing health condition?

Show Me Better Health

Tuesdays January 30th
to March 6th
1:00–3:30 p.m.
Campus Lutheran
Church
304 S. College Avenue



You will learn skills to help you

- Plan exercise & nutrition
- Increase social interaction
- Increase energy & physical activity choices
- Manage pain, fatigue, difficult emotions & depression
- Manage medications & make treatment decisions
- Talk with your family, & friends
- Interact with health care providers

Learn how to manage your ongoing health condition. This **FREE** workshop is ideal for people with ongoing health conditions or who care for someone with an ongoing health condition.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for the Mind and Body* CD.

Register by calling
573-442-5942 or
office@campuslutheran.org