Southeast Missouri AAA - CDSMP flyers

PRESENTATION

Who Should Attend

People with arthritis, diabetes, asthma, heart disease, COPD, depression, osteoporosis, fibromyalgia, lupus and other chronic conditions; and a person caring for someone with a chronic condition.

No Charge For Classes

Class size is limited, pre-registration required

Workshop Information

Developed by Stanford University and offered by Cross Trails Medical Center, Southeast Missouri Area Agency on Aging, and Southeast Missouri Regional Arthritis Center. Come and find out how this workshop will teach you how to design your own self-management program.

What You Will Learn

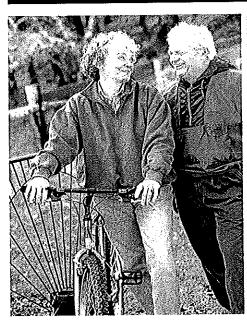
- How to manage your symptoms
- Medication "how-to"
- How to relax and handle difficult cinclions
- Elfective problem solving
- How to work with your doctor

When: February 26th-April 2nd Tuesday, 1:00pm - 3:30pm Classes are once a week for 6 weeks

Where: Abbey Road Christian Church Disciples of Christ 2411 Abbey Rd • Cape Girardeau, MO 63701

D. A.II PAR AND ANA

Living Well With Chronic Conditions PRESENTATION



Who Should Attend

People with arthritis, diabetes, asthma, heart disease, COPD, depression, osteoporosis, fibromyalgia, lupus and other chronic conditions; and a person caring for someone with a chronic condition.

No Charge For Classes

Class size is limited, pre-registration required

Workshop Information

Developed by Stanford University and offered by Cross Trails Medical Center, Southeast Missouri Area Agency on Aging, and Southeast Missouri Regional Arthritis Center. Come and find out how this workshop will teach you how to design your own self-management program.

What You Will Learn



Southeast Missouri Regional Arthritis Center When: February 26th - April 2nd Tuesday, 1:00pm -3:30pm Classes are once a week for 6 weeks

Where: Abbey Road Christian
Church Disciples of Christ
2411 Abbey Rd * Cape
Girardeau, MO 63701
Register Call—573-335-3331

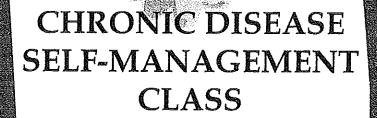




Southeast Missouri

Area Agency on Aging

This Class is provided Free of Charge.
There will be snacks and gifts provided at each Class.



EVERY TUESDAY
CLASSES START FEB. 5TH
AND LAST 6 WEEKS
FROM 9 A.M. – 11 A.M.
VBYCC CONFERENCE ROOM
573-323-8958

Who Should Attend: People with arthritis, diabetes, asthma, heart disease, COPD, depression, osteoporosis, fibromyalgia, lupus, and other conditions; and persons caring for someone with a chronic condition.

Come learn how to have better quality of life even with a chronic disease.