

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 emotions
- Effective problem solving
- How to work with your doctor

When: February 28th - 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

Glendau, MO 63701

Register Call 570-225-2221

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

- *How to manage your symptoms
 - *Medication "how-to"
 - *How to relax and handle difficult emotions
 - *Effective problem solving
 - *How to work with your doctor
- *Tips for eating well & exercising

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
Regional Arthritis Center



Southeast Missouri
Area Agency on Aging

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



CHRONIC DISEASE SELF-MANAGEMENT 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.