

*living a*  
**healthy  
life** | *with*  
**chronic  
conditions**

**MID-EAST AREA AGENCY ON AGING SELF MANAGEMENT TRAINING PROGRAM**

**WHAT:** **Living a Healthy Life** is a six-week workshop for adults living with a chronic condition and their family members. Classes are highly participative, where mutual support and success builds confidence in participants' ability to manage their health while maintaining active & fulfilling lives.

**WHY:** This class will help you learn about the latest pain management approaches, how to manage fatigue and identify ways to deal with anger, fear, frustration and depression. Also, learn more about the role of exercise and nutrition, ways to communicate with family and friends and how to form a partnership with your health-care team.

**WHEN:** Classes beginning Wednesday, Sept. 4, 2013 thru Oct.9, 2013 from 9:00 am to 11:30 am.

**WHERE:** The DeSoto Senior Center  
13227 State Rd. E Desoto Mo 63020.

**To pre register contact:** Cindy Hunt or Sharon Belew  
636-337-7578

There is no cost for the classes. Participants will receive the Living a Healthy Life With Chronic Conditions book and a relaxation cd.

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