

FREE WORKSHOP

Show Me Better Health -

Learn how to manage your ongoing health condition.



Who Should Attend:

People with arthritis, diabetes, asthma, heart disease, COPD, depression, osteoporosis, fibromyalgia, lupus or any other health condition, and persons caring for someone with a chronic condition.

Workshop Information:

Developed by Stanford University, this six-week workshop will teach you the tools to design your own day-to-day 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
- Setting realistic goals

Register Now!

Dates: September 17th -
October 22nd
(Six Consecutive Wednesdays)

Time: 3:00 p.m. - 5:00 p.m.

Location: St. Peter Parish,
Jefferson City

To Register: Call
Alice Kuehn at (573) 636-8159