

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, 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 & WHERE: Classes beginning Tuesday, Sept 10 thru Oct 15, 2013 from 9am to 11 am at the South County Senior Center. 225 Lemay Ferry Road Lemay, Mo 63125
To register contact: Pam Guest 314-631-8698

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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**St Louis County
Health Department
Health & Wellness**

