

Do you or someone you care for have diabetes, heart disease, asthma, cancer, arthritis, fibromyalgia, depression or any other ongoing health condition?



## Show Me Better Health

Learn how to manage your ongoing health condition

You will learn skills to help you have increased energy & physical activity; decreased pain, fatigue, depression, & health distress; & fewer social limitations.

### Topics include:

- Exercise & nutrition
- Managing pain, fatigue, difficult emotions & depression
- Managing medications & making treatment decisions
- Talking with your family, friends, & healthcare providers...and more!

This FREE workshop is ideal for people with ongoing health conditions or people who care for someone with an ongoing health condition. It meets for 2 1/2 hours, once a week for 6 weeks.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for the Mind and Body* CD.

Every Thursday  
3/12/15–4/16/15  
5:30 pm–8:00 pm  
Mizzou North, Room 123

Sponsored by:



**Space is limited.**  
**Contact Amber Phelps to register:**  
(573) 882-8097 or  
phelpsam@missouri.edu