

FREE WORKSHOP

Show Me Better Health in 2015

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: Wednesdays

February 11th - March 18th

Time: 9:00 a.m. - 11:30 a.m.

Location:

University of MO Conference Room
510 Jackson Rd. in Boonville

To Register: Call
Cooper Co. Extension Office at
(660) 882-5661

