

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 Monday
3/9/15–4/13/15
5:30 pm–8:00 pm
Mizzou North, Room 704

Sponsored by:



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