

Show Me Better Health

FREE WORKSHOP

LEARN TO LIVE WELL WITH CHRONIC CONDITIONS



WORKSHOP DATES:

March 10, 17, 24, 31
April 7, 14

TIME: 9:00a.m.-11:00a.m.

LOCATION:

PCRMC
Private Dining Room 2
1000 West 10th Street
Rolla, MO 65401

TO REGISTER:

Hailey Kramer or
Kelsey Dixon
573-458-7167

WHO SHOULD ATTEND:

People with arthritis, diabetes, asthma, heart disease, COPD, depression, osteoporosis, fibromyalgia, lupus, and other conditions. Those caring for someone with a chronic condition.

BENEFITS OF ATTENDING THIS WORKSHOP:

Learn how to deal with stress, fear & anxiety
Manage medications
Manage symptoms
Eat healthier
Communicate more effectively
Sleep better

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.

The Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. This program is especially helpful for those who have more than one chronic condition, as it gives them the skills to coordinate all the things needed to manage their health, as well as help them keep active in their lives.

Presented by



**PHELPS COUNTY REGIONAL
MEDICAL CENTER**