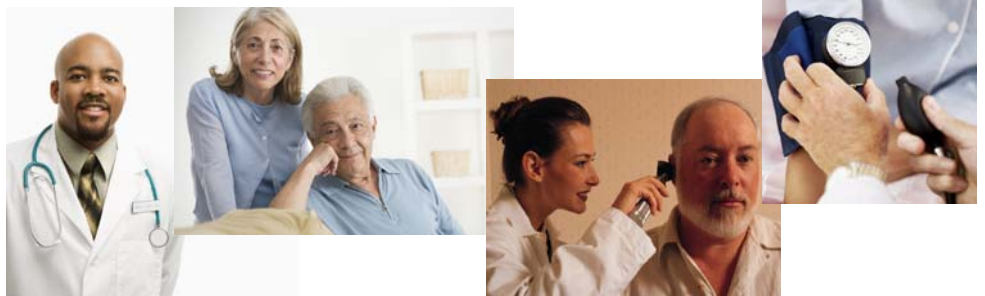

Free Chronic Disease Self-Management Program

for Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema, and many others. Developed by Stanford University by the Patient Education Research Center

SPONSORS:

The Platte County Health Department *and* Missouri DHSS Heart Disease and Stroke Prevention Program



WHEN:

Every Monday
March 1, 2010 through
April 5, 2010

TIME & LOCATION:

10:00-noon
Saint Luke's Hospital (Barry Rd)
Barry Park Medical Building

This 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.

REGISTRATION

REQUIRED:

Contact Stacy Benninghoff at
816-587-5998 or email
bennis@lpha.mopublic.org
Limited seating available

COST:

FREE - Participants will receive a book, *Living a Healthy Life with Chronic Conditions*

Program Goals:

- Improve your knowledge of living a healthy life with a chronic condition
 - Identify and learn the latest pain management approaches
 - Learn to manage fatigue and stress more effectively
 - Find solutions to problems caused by your condition
 - Identify ways to deal with anger, fear, frustration, depression
 - Discuss the role of exercise and nutrition in chronic disease management
 - Learn new ways to communicate with family and friends
 - Learn how to form a partnership with your health-care team
-