

Living Your Best Life

Based on Stanford University's **Chronic Disease Self-Management Program**

Learn how to live a better life with chronic diseases such as diabetes, heart disease, chronic respiratory disease, etc.



A FREE PROGRAM*
ALL MATERIALS PROVIDED



Scan to watch a video about this program

***Approved for 12 continuing education credits**

TOPICS COVERED

- Managing symptoms
- Healthy eating
- Medication usage
- Stress management
- Making informed treatment decisions
- Working with healthcare providers
- Setting goals

UPCOMING CLASS

Jamestown Square Apts
360 Felt King Rd,
Vincennes, IN 47591

Mondays - 1p.m.to 3 p.m. EST
April 15, 22, 29
May 6, 15 (Wed), 20

Open to the public *Seating is LIMITED

*This workshop does not replace any of your existing programs or treatments

To register, contact Cathy Jones at 812-888-5159 or Catherine.Jones@vinu.edu



USIGWEP
Geriatrics Workforce
Enhancement Program

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