

Do you have a chronic condition and want to...

Take

CONTROL

of your health?

From the comfort of *your own home...*

Living a Healthy Life with Chronic Conditions

- **FREE** 6-week evidence-based course developed by Stanford University
- **FREE** Materials Provided

SELF-STUDY

Equipment Required: Telephone

Weekly phone conference
meets Tuesdays at 10 am
March 2nd – April 6th

VIRTUAL WORKSHOP

Equipment Required: Video Access using
smartphone, tablet, computer, etc.

Weekly interactive course
meets Thursdays at 2 pm
March 4th – April 8th

During the **FREE** 6-week course, participants will learn how to:

Use medications appropriately • Manage symptoms such as pain, fatigue and depression
Improve communication skills • Eat healthy • Solve problems and set goals • Increase
self-confidence • Manage stress and other emotions • Make informed treatment decisions

RSVP Required:

Janelle Couture 745-1200 ext. 230

Sylvia Wade 745-1200 ext. 336

Available to the first 24 participants.

