

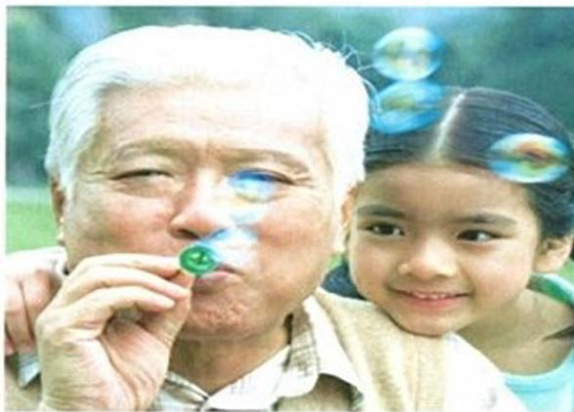
A free, evidence-based program to help you manage your chronic health conditions
– and live better!

This program is presented by
Moultrie County Health
Department
Moultrie County Counseling
Center
Covenant Transitions

Learn how to live an active and fulfilling life with this FREE program.

At
Moultrie County
Health Department
Thursdays 3:00–5:30
October 26 - December 7

*Take Charge of
Your Health:
Live Well, Be Well*



The program

- FREE
- \$20 Suggested Donation
- 6 sessions (1 per week)
- Each session 2 ½ hours
- Your program will be led by two facilitators who also have chronic health conditions

A companion book, *Living a Healthy Life with Chronic Conditions*, and a relaxation CD are included with the program.



How to Live a Healthy Life with Chronic Conditions

What You'll Learn

- How to build a more effective relationship with your doctor.
- Techniques for dealing with pain, frustration, isolation, and lack of energy.
- Exploring an exercise routine that's right for you.
- Communicating positively for better results with family and friends.
- Tips for eating foods that satisfy and make you feel better.
- Managing your medications.
- Setting and achieving goals.
- Effective problem-solving.



What You'll Gain

Research conducted at Stanford University's School of Medicine, Chronic Disease Self-Management Program showed that previous participants experienced fewer days in the hospital and fewer emergency room visits. They reported that they felt more in control of their lives. Energy levels increased and participants significantly improved their overall health status.

To register please contact:

Sheila
217-725-6081

Who Should Attend

If you or someone you care for lives with a long-term health condition such as:

Arthritis
Heart Disease
Asthma
Lung Disease
Diabetes
Emphysema
Parkinson's
Other chronic conditions

