

Living Healthy with Chronic Conditions



Does your chronic disease cause...

- stress and anxiety
- difficult emotions
- pain
- depression
- fatigue?

Join us for a FREE 6 week Chronic Disease Self-Management program to help you learn ways to manage symptoms, reduce fatigue, and feel better!

Helping you manage your chronic disease is the goal of this fun and informative course. 18 care-management topics include healthy eating, relaxation techniques, pain and fatigue management, practical exercise, problem solving, goal setting, communicating with your health care provider, medications, and other issues.

The course is open to anyone 18 or older with Diabetes, High Blood Pressure, High Cholesterol, Arthritis, Asthma, Chronic Lung Disease or any other Chronic Condition.

**Winter classes: Mondays, 6 – 8:30 PM, beginning Jan. 18th
and
Tuesdays, 1 – 3:30 PM, beginning Jan 19th.
Augusta Community Care Building on the Augusta Health
Medical Center Campus**

To register, ask questions, or get more information call JoAnne 332-4192 or Dana at 332-4988.