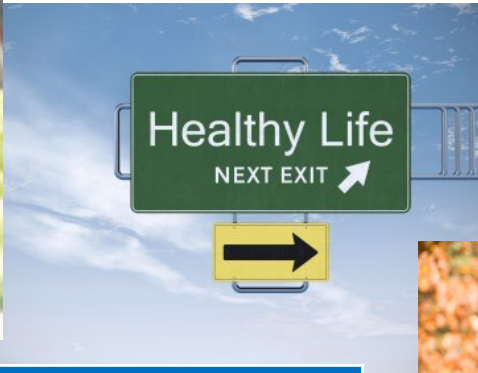


Living Well with Chronic Conditions



Are you living with a chronic condition such as arthritis, heart disease, diabetes, chronic pain, cancer, COPD, depression, anxiety...?



Put Life Back in Your Life

Feel better, be in control, do the things you want to do!

*The Living Well Chronic Disease Self-Management Program gives you important information about your health conditions and teaches you the skills to better manage them. This is an evidence based program developed by Stanford University. The program is **FREE** and is open to all. Participants are encouraged to bring a friend or family member with them. This 6-week program meets once a week and can help you learn:*

- Techniques to deal with frustration, fatigue, pain and isolation
- Appropriate exercise
- Appropriate use of medication
- More about the pain and symptom cycle and successful ways of dealing with difficult emotions
- How to work with your health care team

Choose to Live Well!



For more info or to sign up:

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