

Living Well *with* **CHRONIC CONDITIONS**



CHRONIC DISEASE Self-Management Program

The **Living Well Chronic Disease Self-Management Program** will empower you to take charge of your health - giving you the tools to better manage your health so you can feel better, be in control and do the things you want to do! This evidence based program has been developed by Stanford University and is **FREE** and open to all.



POTOMAC VALLEY HOSPITAL

Contact Potomac Valley Hospital Preventive Medicine
Call us at: 304-597-3702

You will learn how to:

- Deal with frustration, fatigue, pain, isolation, stress and poor sleep
- Exercise safely and effectively to maintain/improve strength, flexibility and endurance
- Deal with difficult emotions
- Make healthy food choices to improve your condition
- Make informed treatment decisions
- Communicate effectively with family, friends, and health professionals

Thursdays 3:00 pm - 5:00 pm
April 11 - May 16