

Do you or someone you care for have diabetes, asthma, heart disease, back pain, cancer, arthritis, fibromyalgia, depression or ANY other ongoing health condition? Join us for...



*Chronic Disease
Self-
Management
Program*

Developed by Stanford
University's Patient
Education
Research Center

TOPICS INCLUDE:

- Role of nutrition & exercise in self-management
- Managing pain, fatigue, difficult emotions & depression
- Medications & making treatment decisions
- New ways to communicate with family, friends & healthcare providers
- Weekly action planning & problem solving
- ...and more!

CLASSES ARE:

- Interactive, where support and success builds confidence in your ability to manage your health while maintaining an active and fulfilling life.
- Confidential and protected by the Privacy Act. We follow strict privacy policies to protect personal information.

"To me the best parts were the sharing and support from both the group leaders and the other class members." Participant November 2018

 **Extension**
University of Missouri

an equal opportunity/ADA institution

Class Information

**Texas County Extension
Center**

Thursdays, June 13 – July 25
(Not on Fourth of July)
10:00 a.m. – 12:00 p.m.

Call to register: 417-967-4545

Leaders: Brandi Sutherland,
Amy Bartels

NO CHARGE FOR THIS PROGRAM

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