

# MANAGE YOUR LONG-TERM CONDITIONS

## *Chronic Disease Self-Management Program*

**Do you have arthritis, diabetes, depression, heart or lung disease, or another ongoing condition?**

**Join us to learn about managing your conditions, including:**

- Decision-making skills to better deal with medication use and treatment options.
- Becoming more physically active.
- Setting goals and plans.
- Dealing with fatigue, poor sleep and difficult emotions.



The Area Agency on Aging District 7 (AAA7) is happy to sponsor a class near you!

Classes are FREE and meet once a week for six weeks.

For more information about joining us at an upcoming class or scheduling a class in your community, call the AAA7 at:

**1-800-582-7277**  
**extension 247 or 284**  
**or e-mail [info@aaa7.org](mailto:info@aaa7.org)**

