

MANAGE YOUR LONG-TERM CONDITIONS

Chronic Disease Self-Management Program

a Self-Management Resource Program with the Self-Management Resource Center

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

