



LIVING WELL WITH CHRONIC CONDITIONS PUT LIFE BACK IN YOUR LIFE

A Stanford University School of Medicine Workshop



For adults with a chronic condition such as: diabetes, arthritis, heart disease, asthma, obesity, emphysema, osteoporosis, cancer, pain, anxiety

Topics include:

- *Symptom and medication management*
- *Dealing with pain, fatigue, stress, anger and depression*
- *Improving nutrition and developing an effective exercise program*
- *Communicating about health with family, friends and doctors*
- *Setting personal goals and a step-by-step plan to improve your health----and your life.*

**Thursdays from 9-11:30 a.m.
February 19-March 26, 2015
Matthews Oncology
1621 N. Taylor Drive, Sheboygan
2nd Floor Meeting Room**

*Trained facilitators: **Kim Murrow & Wendy Jacobs***

Register by calling 920-459-4636

Registration is limited: Please register by February 16, 2015

Sponsored by:

Prevea Health

Sheboygan County Aging and Disability Resource Center

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