

Live Well Be Well

TAKE CHARGE OF YOUR HEALTH

WHO SHOULD ATTEND

Anyone with a chronic health condition OR anyone who is a caregiver for someone with a chronic health condition such as:

- Arthritis
- Asthma
- Diabetes
- Parkinson's
- Heart Disease
- Lung Disease
- Emphysema
- Others

WHAT YOU'LL LEARN

- Building a more effective relationship with your doctor
- Solving problems
- Exploring an exercise routine
- Communicating with family and friends about your condition
- Eating tips to help you feel better
- Managing your medications
- Setting and achieving goals
- Dealing with pain, frustration, isolation, lack of energy

Developed at Stanford University, The Research Has Shown:

- Reduction of days in the hospital
- Reduction of emergency room visits
- Increased feeling of control of your life
- Increased energy levels
- Significantly improved overall health status

CLASS MEETS

WHEN

Every Thursday for 6 weeks
April 6 – May 18, 2017
12:00 - 2:30 pm

WHERE

Golden Circle
921 Veterans Dr.
Eldorado, IL 62930

FREE 6 WEEK WORKSHOP

Class size is limited - Register early!



Register Or More Information



866.744.2468 or

Online at
hsidn.org/takecharge