
Chronic Disease Self-Management Program

Dates and Time:

Wednesdays, September 20-October 25

11 am- 1 pm

Or

Thursdays, September 28-November 2

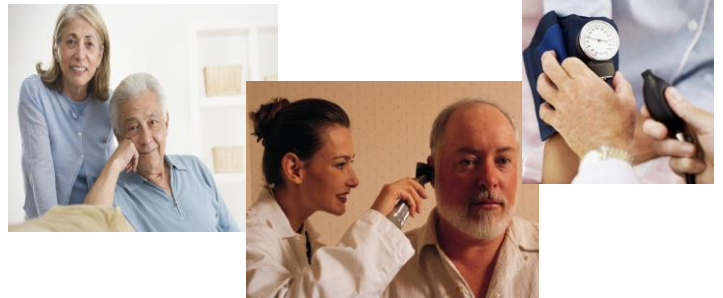
6pm -8pm

Registration Required:

Call 417-841-5667

Or email

sprgriskagreementscasemanagers@mercy.net



LOCATION:

Mercy

Ambulatory Surgery Center

1229 E Seminole

4th floor, classroom 4B

(right by the elevators)

COST:

FREE - Participants will receive a book, *Living a Healthy Life with Chronic Conditions*. Cost is covered by a grant from the Missouri Health Department and Senior Services

Chronic Disease Self-Management is an effective self-management education program for people with chronic health problems. The program skills are useful for managing a variety of chronic diseases such as arthritis, diabetes, heart disease, pain and many more.

MORE INFORMATION:

Interested in future dates or more information? Please go ahead and call and we will get you on a list for future classes.

Free to patients insured through Missouri State University

Program Goals:

- Improve your knowledge of living a healthy life with a chronic condition
 - Identify and learn the latest pain management approaches
 - Learn to manage fatigue and stress more effectively
 - Find solutions to problems caused by your condition
 - Identify ways to deal with anger, fear, frustration, depression
 - Discuss the role of exercise and nutrition in chronic disease management
 - Learn new ways to communicate with family and friends
 - Learn how to form a partnership with your health-care team
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