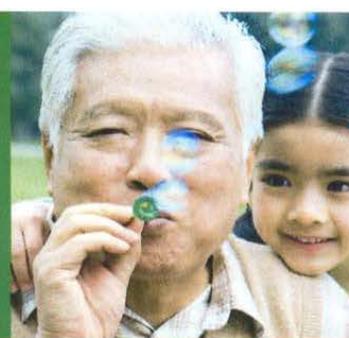




Put Life Back in Your Life!



Living Well with Chronic Conditions

Learning to be a Self-Manager of Your Health Condition

SESSION OUTLINE

Week 1:

- Introduction – Identifying Common Problems
- Workshop Overview and Responsibilities
- Differences Between Acute and Chronic Conditions
- Using your Mind to Manage Symptoms and Distractions
- Introduction to Action Plans

Week 2:

- Feedback/Problem-Solving Session
- Dealing with Difficult Emotions
- Introduction to Physical Activity and Exercise
- Making an Action Plan

Week 3:

- Feedback/Problem-Solving Session
- Better Breathing
- Muscle Relaxation
- Pain and Fatigue Management
- Endurance Activities
- Making an Action Plan

Week 4:

- Feedback/Problem-Solving Session
- Future Plans for Health Care
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Week 5:

- Feedback/Problem-Solving Session
- Medication Usage
- Making Informed Treatment Decisions
- Depression Management
- Positive Thinking
- Guided Imagery
- Making an Action Plan

Week 6:

- Feedback/Problem-Solving Session
- Working with Your Health Care Professional and the Health Care System
- Looking Back and Planning for the Future

For more information contact:

Lamanda Weston

Extension Agent, FCS

UT Extension—Greene County

204 North Cutler Street, Suite 105

Greeneville, TN 37745

 **Extension**



Living Well with Chronic Conditions

Every Thursday starting
May 17th 2012-June 21st 2012
Time: 10:00 a.m.- 12:00 Noon
Cost: Free

Classes will be held at the
Greene County Health Department
2nd Floor Conference Room
810 West Church Street
Greeneville, TN 37745

Register for these classes by calling or coming by:

UT Extension-Greene County - (423) 798-1710
Or
Greene County Health Department - (423) 798-1749

Deadline for Registration: Monday, May 7, 2012

- ✓ *These classes are two hour sessions taught once a week for six weeks.*
- ✓ *You learn from certified leaders with health conditions themselves.*
- ✓ *You set your own goals and make a step-by-step plan to improve your health and your life.*
- ✓ *There is no cost to attend the workshop.*
- ✓ *Workshop is open to anyone with a chronic condition.*
- ✓ *Spouses, family members and caregivers welcome.*
- ✓ *Each workshop participant receives the book, **Living a Healthy Life with Chronic Conditions and a relaxation CD.***

If you or someone you love has health problems such as diabetes, arthritis, cancer, chronic bronchitis, high blood pressure or other chronic diseases, the Living Well with Chronic Conditions Workshop can help you take control of your life.

These classes will be taught by Lisa Chapman, Health Educator for the Greene County Health Department and Lamanda Weston, University of Tennessee Extension Agent, FCS.