

LIVING WELL WITH CHRONIC CONDITIONS PROGRAM

Tennessee Department of Health

***A 6-week program to help you improve your health—
one step at a time!***

What will you learn?

- Manage your symptoms
- Fight fatigue and pain
- Discover better nutrition and exercise choices
- Build confidence
- Manage stress and learn to relax
- Manage medications
- Lessen your anger and frustration
- Communicate better with your doctor, family and friends
- Get more out of your life!



Who can take part?

- Anyone living with a chronic condition (examples: COPD, asthma, arthritis, depression, diabetes, cancer, heart disease, obesity and fibromyalgia)
- Family members, friends or caregivers of an individual with a chronic condition

For more information or to register, contact:
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Program Details:
6-week program (6 sessions, 2 hours per session)
The program is FREE.
Registration is required.