

# ARE YOU LIVING WITH A CHRONIC HEALTH CONDITION?



Ongoing health conditions such as diabetes, heart disease, lung disease, hypertension, cancer or depression can put a damper on life and make simple activities difficult or even impossible. Luckily there are things you can do to improve your health and relieve the symptoms of a chronic disease.

Healthier Living/Chronic Disease Self-Management is a six-week course, developed from research done at Stanford University and includes:

- Goal Setting
- Problem Solving
- Techniques for reducing stress, pain and fatigue
- How to make healthier food choices
- Tips for increasing physical activity
- How to improve communication with health care providers, family and friends

## HEALTHIER LIVING/CHRONIC DISEASE SELF-MANAGEMENT

Tuesdays, 1 – 3:30 p.m., Feb. 19 – March 26, 2019

Erie Community Center, 450 Powers St.

To Register: 303-926-2795

*Class is offered free of charge but donations are welcome*

*Healthier Living/Chronic Disease Self-Management classes are offered without charge through collaboration between Boulder County and Weld County Area Agencies on Aging and the Town of Erie.*



Programs & Services for Healthy Aging

**303-441-3599**

[mpruitt@bouldercounty.org](mailto:mpruitt@bouldercounty.org)



Reasonable accommodations will be provided upon request for persons with disabilities. Please contact Julia Yager, ADA Coordinator or the Human Resources Division, at 303-441-3525 at least 48 hours prior to the scheduled event.