



Present:

“Taking Control of Your Chronic Illness”

A Chronic Disease Self-Management Program for individuals with a chronic disease and their caregivers

FREE TO THE PUBLIC

The program consists of 2 1/2 hour sessions held once a week for 6 weeks.

For more information and class schedule, contact:

Aging and Disability Resource Center at (800)447-7169 ext 2339

or

Scott & White Aging and Caring Research (254) 724-1017

<ul style="list-style-type: none">• Managing symptoms• Action Planning• Difficult emotions• Physical activities• Muscle relaxation• Pain and fatigue management	<ul style="list-style-type: none">• Communication skills• Problem-solving• Depression Management• Positive thinking• Informed treatment decisions• And much more
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Participants will receive a copy of “Living a Healthy Life with Chronic Conditions”.

Evidenced-based program
established by:



**Dixie Beggs, Certified Master
Trainer
Peggy Naugle, Certified Master
Trainer**