

**Live Like Your  
Life Depends On It!**



# **Chronic Disease Self-Management Workshop**

Do you have DIABETES? – ARTHRITIS? – COPD? – HEART DISEASE? –  
DEPRESSION? CHRONIC PAIN?- OTHER CHRONIC DISEASES OR CONDITIONS?

**Want to learn ways to:**  
**Deal with stress, fear & anxiety**  
**manage medications and your symptoms**  
**eat well, communicate effectively, sleep better**  
**enjoy life and more....**

**The Clay County Public Health Center will present:**

## **Chronic Disease Self-Management classes**

**Dates: TUESDAYS starting May 26<sup>th</sup> ending June 30<sup>th</sup>**

**Time: 9:30 to noon**

**Location: Excelsior Springs Medical Center**

**In the Community Room**

**Please call Nancy Couch at 816-630-6081 if interested!**

**Pre-registration is required (call 816-630-6081)**

**There is no fee for this class**

**All necessary materials are provided to the students**

**Instructors: Christy Vogt and Dianna Englander**