

# LIVING WELL WITH CHRONIC CONDITIONS PROGRAM

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



## What is this program about?

- *Living Well with Chronic Conditions* is a fun, skill-building program designed for persons with chronic disease.
- The program helps individuals take day-to-day responsibility for the care of their chronic condition.
- Participants gain skills necessary to self-manage their condition and work effectively with their health care providers.

## Who can take part?

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

## Program Details:

- **6-week program** (6 sessions, 2 hours per session)
- The program is **FREE**
- **Registration is required**

## For more information or to register, contact:

Sabra Cope with the Health Department (423)-663-2445 **OR**

Amber D'Attoma with UT Extension (423)-663-4777

## Dates: 6-week session each Monday:

June 10<sup>th</sup>, June 17<sup>th</sup>, June 24<sup>th</sup>, July 1<sup>st</sup>, July 8<sup>th</sup>, July 15<sup>th</sup>

## Times: 10am to 12pm each Monday

## Location: Scott County Office Building meeting room

## Deadline to Register: Tuesday, June 4<sup>th</sup>