

Sick and tired of being sick and tired?

# TAKE CONTROL!

Enroll in the

## Living Well With Chronic Conditions Workshop

*A Stanford educational workshop and study for people with chronic health problems*

### Workshop Overview

- ✓ Working with your doctor
- ✓ Medication "how to's"
- ✓ Personalizing a fitness and exercise program
- ✓ Relaxation techniques
- ✓ Dealing with negative emotions
- ✓ Managing symptoms
- ✓ Improving communications
- ✓ Tips for eating well
- ✓ Setting weekly goals
- ✓ Effective problem-solving

The Living Well Workshop and study is for people with ongoing health conditions such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS, etc. The workshop meets 2 hours per week for 6 weeks in community settings such as senior centers, churches, libraries, hospitals, etc., in San Francisco, San Mateo, Santa Clara, Santa Cruz, and Monterey Counties. Learn how to deal with symptoms, frustration, and how to design your own self-management program.

For more information, call the Stanford Patient Education Research Center

**(800) 366-2624**