

Living Well with **Chronic Conditions**

Strategies for living
well, even with health
difficulties



In **six, two-and-one-half hour** sessions, you'll learn about:

- Techniques to deal with frustration, fatigue, and pain
- Exercises for maintaining and improving strength, flexibility, and endurance
- Nutrition to support better health
- Proper use of medications
- How to communicate more effectively with family, friends, and health professionals
- How to evaluate new treatment options

Join us for this small-group class, in your community, with your neighbors.

To find classes in
your area visit:

yourjuniper.org

or contact:

1.855.215.2174

info@yourjuniper.org



Juniper is a statewide network grounded in your local community to help you live well, get fit, and prevent falls.

yourjuniper.org

Toll Free 1.855.215.2174



Living Well with Chronic Conditions is for you if you have:

Pre-diabetes
High blood pressure
Depression
Hypertension
Cancer

Arthritis
Diabetes
Or another health condition that you would like to better manage.

The class is a combination of presentations, discussion, and activities with others who have similar experiences to you. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their plan.

What participants say:

“I have more energy than I’ve had in years.
I’m calmer and more confident about my health.”

“The workshops put me back in charge of my life,
and I feel great. I only wish I had done this sooner.”

The program, which is also known as “Chronic Disease Self-Management Program,” was developed by Stanford University and is managed by the Self-Management Resource Center (SMRC).