"I can't get rid of my disease, so I learned to live with it."

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

DATE:

LOCATION:

FOR MORE INFO:

I attended the Chronic Disease Self-Management Program. It teaches people with heart disease, arthritis, diabetes, or lung disease important skills so they can live better with their chronic illness. There are even instructors who have chronic diseases themselves, so they know what you're going through. You learn about exercise, nutrition, medications, and how to talk to key people about your disease. I may have a chronic illness, but I also have the tools to make the most of my life.

Live Like Your Life Depends On It.

Live Well
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