



# Living with Chronic Conditions? Join us for a **FREE ONLINE WORKSHOP** Chronic Disease Self-Management Workshop

- Improve decision-making and problem-solving skills
- Communicate better with family, friends and health professionals
- Accept and manage anger, depression, and difficult emotions
- Prevent and reduce fatigue
- Learn new ways to eat healthy
- Find healthy ways to control pain
- Increase physical activity
- Define and accomplish your goals
- Take charge of your health

**"The workshops put me back in charge of my life, and I feel great. I only wish I had done it sooner."** – *Living with Chronic Conditions workshop participant*

**April 2<sup>nd</sup> – May 7<sup>th</sup>, 2024**  
**Tuesdays from 1:00 – 3:30pm**

**Classes will be held online via Zoom**

Registration required. Email Matt at [mchandler@kumc.edu](mailto:mchandler@kumc.edu) to register



*A partnership for better health*