



Chronic Disease Self-Management

An ever-increasing number of people are living longer with chronic pain and/or multiple chronic conditions. Research has proven that people with chronic conditions can learn skills to effectively manage their illness and improve health outcomes. Healthy Living for ME offers several evidence-based classes to improve functional abilities and deal more effectively with symptoms.

Living Well for Better Health

Also known as Chronic Disease Self-Management, this program is designed to help participants deal with chronic conditions. Topics include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments.

Living Well with Chronic Pain

Also known as Chronic Pain Self-Management, this class is designed for people who have a diagnosis of chronic pain. This program offers strategies for dealing with the symptoms of chronic pain. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

> For class information and to register, visit healthylivingforme.org