

Tempe YMCA
In Partnership with Dignity Health
Presents: Healthier Living
Chronic Disease Self-Management Program



Take Control of Your Chronic Condition and Get Your Life Back!

FREE 7-Week Workshop Series for Adults with COPD, Diabetes, High Blood Pressure, OR ANY other Chronic Health Condition. Also appropriate for caregivers and/or family members and ANYONE interested in improving their overall health and well-being.

Managing a chronic Condition can be complex and sometimes frustrating. Let us help!
Healthier Living is a workshop designed to **EMPOWER** you to become an active self-manager.
We give you the tools you need to improve your health and quality of life.

What you can expect to learn:

- Exercise and nutrition
- Relaxation techniques
- Medication usage
- Pain/fatigue management
- Dealing with negative emotions
- Restful sleeping techniques
- Making informed decisions
- Improving communications
- Decision making
- Managing symptoms
- Setting weekly goals
- Better breathing

Healthier Living Workshop Coming to Tempe YMCA!

7070 S Rural Rd, Tempe, AZ 85283

7 Tuesdays, October 3, 2017 – November 14, 2017 from 12:30PM – 3:00PM

To REGISTER for this **FREE** workshop visit the Tempe Family Y,
7070 S. Rural Rd., Tempe, AZ, 85253 OR Call 480-730-0240 / email: laustin07@vosymca.org
For more information call 480-728-2376 / email HealthierLiving-CRMC@dignityhealth.org

Sessions are 2.5 hours each, and meet once per week. The first week, October 3rd, is an hour long "Session Zero" where you learn about the program, get to know each other, and fill out paperwork.
Class size is 10 – 18 participants. Minimum 10 participants required.

Light refreshments will be served and all participants who complete the series receive:

- Certification of Completion
- "Living a Healthy Life with Chronic Conditions" book