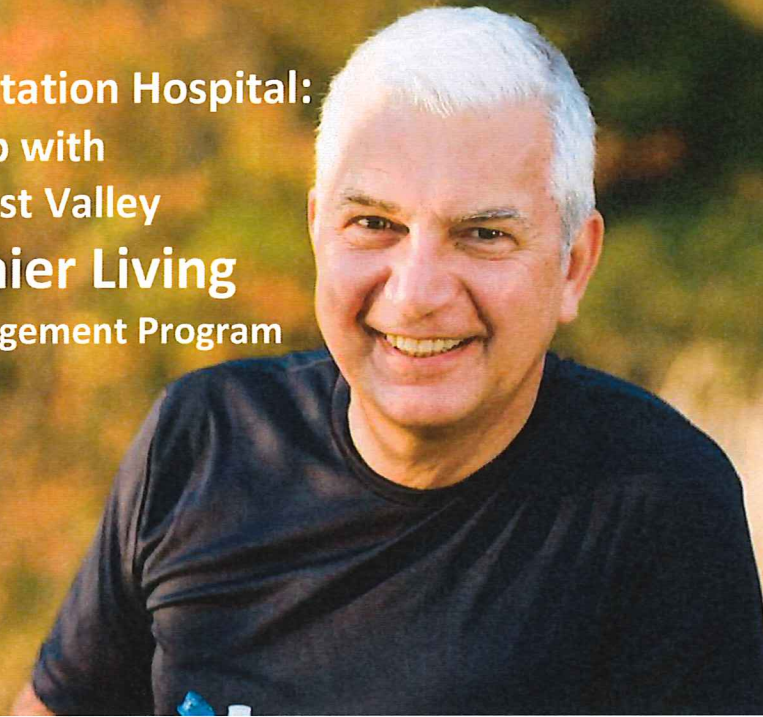


Dignity Health Rehabilitation Hospital:  
In Partnership with  
Dignity Health East Valley  
Presents: Healthier Living  
Chronic Disease Self-Management Program



**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 Dignity Health East Valley Rehabilitation Hospital!**

1515 W Chandler Blvd, Chandler, AZ 85224

7 Wednesdays, October 4, 2017 – November 15, 2017 from 1:00PM – 3:30PM

**TO REGISTER:** Register for the **FREE** workshop today in person at **Dignity Health East Valley Rehabilitation Hospital**  
**OR** by calling 480-728-2376 / emailing [HealthierLiving-CRMC@dignityhealth.org](mailto:HealthierLiving-CRMC@dignityhealth.org)

For questions or more information, contact Rebecca Prater at  
**602-594-5407** or Email: [rprater@dignityhealtherehab.com](mailto:rprater@dignityhealtherehab.com)

Sessions are 2.5 hours each, and meet once per week. The first week, **October 4th**, is an hour long  
"Session Zero" where you learn about the program, get to know each other, and fill out paperwork.

**Register early! Space is limited! Class size is 10 to 18 participants. Minimum 10 participants are 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

