

# Chronic Disease Self-Management Program



Living with chronic conditions like arthritis, diabetes, high blood pressure, or heart disease can be a daily challenge. But it doesn't have to be.

**Attend a 6-week workshop for 2.5 hours each week to learn:**

- Managing your symptoms and medications.
- Communicating with family and doctors.
- Relaxing to deal with pain and fatigue.
- Creating an exercise program that works for you.
- Healthy eating to improve your condition.

This program is proven to help you better manage your symptoms.

It is FREE, but spaces are limited.

For more information about referring to evidence-based interventions please contact:



If you would like to find these evidence-based programs in your area, please go to the following secure link to be referred or scan the QR code. <https://bit.ly/VAArthritisSurvey>



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# Chronic Pain Self-Management Program



Are you dealing with chronic pain or are you the caregiver of someone who is?

## **This workshop will help participants learn about:**

- Overcoming problems such as frustration, fatigue, isolation, and poor sleep.
- Exercising to maintain and improve strength and flexibility.
- Using medications and evaluating new treatments.
- Communicating your pain to family and doctors.
- Healthy eating to improve pain management.

This is a **FREE**, 6-week two-hour workshop open to participants who deal with chronic pain.

**Register soon as spaces are limited!**

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