



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*

March 4, 2025 – April 8, 2025
Tuesdays from 1:00 – 3:30pm

Classes will be held online via Zoom

Registration required. Email Iva at ihonor@kumc.edu register.



A partnership for better health