

Living Healthy Southern Tier

A CHRONIC DISEASE SELF-MANAGEMENT PROGRAM



A FREE SIX-WEEK WORKSHOP FOR ANYONE WITH, OR CARING FOR SOMEONE WITH, ONE OR MORE CHRONIC HEALTH CONDITIONS SUCH AS...

Diabetes Type 1 or Type 2 | Asthma | Heart Disease | Obesity | Depression | Crohn's Disease
Stroke | Kidney Disease | ADHD | Chronic Pain | HIV | Arthritis | COPD | Eating Disorders
OR ANY OTHER CHRONIC HEALTH CONDITION

TAKE BACK CONTROL OF YOUR LIFE & MANAGE YOUR OWN CARE!

Topics Covered in the Workshop Include

- Better nutrition
- Communicating effectively with family, friends, and doctors
- Dealing with problems such as frustration, fatigue, isolation, and pain
- Improved sleep habits
- Maintaining and improving strength, flexibility, and balance.

Upcoming Workshop Information

Lakeview Apartments II
105 Geneva Street, Bath, NY 14810

Orientation

Thursday, January 11th | 9:30 - 10:30 a.m.

First Session

Thursday, January 18th | 9:30 - 12:00 p.m.



Presented by:
The Steuben Rural Health Network
and
Arnot Health

ArnotHealth

For more information or to register, please call **(607) 776-9467 ext. 236** or email **srhn@ihsnet.org**
Visit **www.ihsnet.org/livinghealthy** for full class information