

**SPONSORS and
COOPERATING PARTNERS**

**Missouri Department of Health and
Senior Services**

Unit of Chronic Disease Control
920 Wildwood Dr.
PO Box 570
Jefferson City, MO 65102-0570
(573) 522-2879 or 1-800-316-0935

Regional Center

Kansas City Regional Arthritis. Center
Saint Luke's
4401 Wornall – Main 4
Kansas City Missouri 64111

Local Agency

Johnson County Community Health Services
429 Burkarth Rd
Warrensburg MO. 64903

660-747-6121
Fax 660-747-6087

E-mail
doddr@lpha.dhss.mo.gov

Visit our web site at:
[Http://www.johnsoncountyhealth.org](http://www.johnsoncountyhealth.org)

8/06



...sending health your way

429 Burkarth Road
Warrensburg, MO 64093
660-747-6121

Home Health – Hospice – Public Health – WIC

Living a Healthy Life with Chronic Conditions



Take back your life

Johnson County Community Health Services

*Dates Thursdays, Starting Oct. 12th
Time: 9-11:00 am or 6-8:00 pm
(am. or pm. session) for 6 weeks
For Information or to enroll:
Call 660-747-6121*

Sponsored by: JCCHS and



Program Description

Living a Healthy Life with Chronic Conditions is a six week group education workshop series for adults living with a chronic condition. The program was developed by researchers at the Patient Education Research Center at Stanford University to help people with chronic conditions gain self-confidence in their ability to manage their own health. People with chronic conditions have many similar concerns and problems. They must deal not only with their diseases, but also with the impact these have on their lives and emotions. The sessions provide information about issues related to a variety of conditions— diabetes, heart disease, stroke, asthma, arthritis, emphysema and others. It educates you about options for managing multiple symptoms, improving communication and finding appropriate resources . The workshop series emphasizes helping and learning from one another through sharing experiences. It is designed to complement the professional services provided by your health care team.

All class participants receive a complimentary copy of the book, *Living a Healthy Life with Chronic Conditions* and a set of handouts that correspond to the workshop sessions.

Program Goals

The **Living a Healthy Life** program is designed to:

- Improve your knowledge of living a healthy life with a chronic condition
- Identify and teach you the latest medical and pain management approaches
- Help you develop an individualized exercise program
- Help you learn to manage fatigue and stress more effectively
- Help you find solutions to problems caused by your condition
- Identify ways to deal with anger, fear, frustration and depression
- Discuss the role of nutrition in chronic disease management
- Help you learn new ways to communicate with family and friends
- Teach you how to form a partnership with your health-care team.

Additional Program Benefits

- Increased socialization
- Improved self-esteem
- Increased motivation
- Increased personal accountability
- Improved disease management and health care team interactions

Basic Information

Who Can Participate?

Anyone with a chronic condition may enroll. A spouse, other family member or friend may accompany you as a registered member of the class.

Cost and Sponsors

There is **no** cost to participants!! The series has been funded through a grant from the Center for Disease Control to the Missouri Department of Health and Senior Services. The diabetes and arthritis and osteoporosis programs within the Unit of Chronic Disease Control have been working toward offering the series in several communities throughout Missouri. Your local partners are listed on the back of this brochure.

Where, When and How?

Johnson County Community Health Services

Two classes to choose from
Morning: 9-11:00 session
Evening: 6- 8:00 session

Dates: Thursdays, Oct 12– Nov 16th

Contact: 660-747-6121 to enroll

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Warrensburg MO. 64093**