

“Living a Healthy Life with Chronic Conditions”

**Thursdays
September 4 - October 9**

9:00 - 11:30 am

held at the Menasha Senior Center

This workshop is designed to improve the self-management skills of people living with a chronic health issue. This program, which meets once a week for six weeks, teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition. People, with different health conditions, will learn:

- Symptom management
- How to develop a suitable exercise program
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professions
- How to deal with emotions such as anger and depression
- Problem solving skills and goal setting

This workshop is being presented by Beth Meltz, Winnebago County Social Worker and Teresa Paulus, Winnebago County Health Nurse.

The workshop is FREE (if you wish to purchase the book, it will cost \$20).

To RSVP and for further information, contact

Beth at 729-2760 or

Teresa at 232-3017

(brochures are available at the MSC office)