

FREE Workshop



Learn about:

- Physical Activity
- Medications
- Develop Action Plans
- Breathing Techniques
- Understanding Emotions
- Problem-Solving
- Communicating with Providers
- Healthy Eating

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

Please join us if you or a loved one are living with a chronic conditions such as:

- heart disease
- depression
- emphysema
- arthritis
- asthma
- any other physical & mental health conditions
- diabetes
- bronchitis

Family & caregivers welcome too ◆ Small groups provide peer support

◆ Light refreshments provided ◆

Certificate, book, and CD awarded at last session

Where: Okeechobee, Glades, Hendry, and Western Palm Beach Counties

When: Mornings, afternoons, evenings and weekends as needed

Time: Participants meet for 2.5 hours once a week for six weeks

CONTACT US TO SCHEDULE/REGISTER

INFO@LORHN.ORG

888-880-8242



Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic health conditions	•					
Using your mind to manage symptoms	•		•		•	•
Getting a good night's sleep	•					
Making an action plan	•	•	•	•	•	•
Feedback and problem-solving		•	•	•	•	•
Dealing with difficult emotions		•				
Physical activity and exercise		•	•			
Preventing falls		•				
Making decisions			•			
Pain and fatigue management			•			
Better breathing				•		
Healthy eating				•	•	
Communication skills				•		
Medication usage					•	
Making Informed treatment decisions					•	
Dealing with depression					•	
Working with your health care professional and organization						•
Weight management						•
Future plans						•