

Take Control

The Mississippi State Department of Health

Motivated to Live a Better Life: Chronic Disease Self-Management Program

A free self-management program for people with chronic conditions and/or disabilities, and their caregivers.

Conditions include:

- arthritis
- diabetes
- asthma/lung disease
- heart disease
- high blood pressure
- chronic pain
- depression
- cancer

Chronic health conditions can lead to limitations in work, recreation, home activities and basic self-care. Learn how to deal with the symptoms and design your own self-management program.

For information on this FREE workshop contact:

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