



# Take Control

The Mississippi State Department of Health

*Motivated to Live a Better Life:*

*Chronic Disease Self-Management Program*

A **free** 6-week self-management program for people with chronic conditions and/or disabilities, and their caregivers. This program is open to employees and their family members.

**Conditions include:**

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

**Important Dates:**

**January 16 - Orientation**

**4:45 pm – 5:45 pm**, Classroom Wing CW310

**January 23 Classes Begin**

(January 23 – February 27)

**4:45 pm – 6:45 pm**, Classroom Wing CW310

***This is a 6 week commitment. At least 4 classes should be attended to complete the program.***

**All classes will be held on Tuesday**

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 more information about this FREE workshop contact Brea Cole at**

**601-815-8372 or [cbcole@umc.edu](mailto:cbcole@umc.edu)**

**Space is Limited**