

Learn to control your chronic condition with:

- Symptom management
- Nutrition and exercise
- Communication skills
- Relaxation tools
- Medication usage
- Self-management
- Goal-setting
- Problem solving

“After taking the class, my mindset changed. I realized I’d put my life on hold, expecting to ‘get better.’

When I accepted the fact that I have a chronic condition that I need to manage, I can’t begin to tell you how much freedom I felt. This workshop was a life-changing event.”

-Program participant



Columbia United Providers

19120 SE 34th Street Ste 201
Vancouver, WA 98683
Phone: (360) 449-8925
Toll Free: (800) 315-7862
Fax: (360) 449-8974
www.cuphealth.com



Living a
Healthy
Life
With
Chronic
Conditions



A Self-Management Workshop for People with Chronic Conditions

Asthma, Diabetes, COPD, Cancer,
Depression, Arthritis, Heart Disease,
Bronchitis, and Others

Small steps = Big success

You can have a chronic health problem and still enjoy life!



You don't have to stop doing the things you love. By managing your symptoms, you can still get the most out of life.

CUP's self-management workshop, was designed at Stanford University. It will provide you with the tools to manage your symptoms and help you take control of your health.

In CUP's *Living a Healthy Life with Chronic Conditions* Workshop, you will learn how to:

- Manage your symptoms
- Talk with your doctor
- Lessen your frustration
- Fight fatigue
- Make daily tasks easier

Get more out of life!

What is a chronic medical condition?

A chronic medical condition is one that you must learn to live with for many years. Some examples of chronic conditions are asthma, heart disease, arthritis, diabetes, fibromyalgia and others.

Why take a workshop about chronic conditions?

Although there are many chronic conditions, the problems and symptoms associated with each one are often similar. A healthy way to live with a chronic condition is to work at overcoming the symptoms and dealing with your emotions.

Who should take this workshop?

The *Living a Healthy Life with Chronic Conditions* workshops are for anyone who has a chronic condition. A caregiver or relative is welcome to attend the workshop with you, but this person must be a participant in the workshop. They too will benefit from the problem-solving skills related to managing a chronic condition.

How does the workshop work?

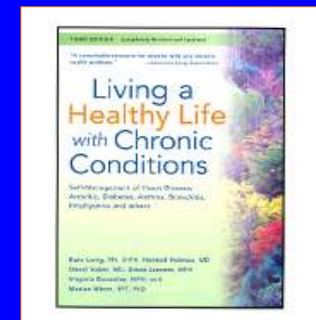
The workshops meet for 2 ½ hours, once a week for six weeks. People with chronic conditions just like you have been trained and certified to lead the workshop.

This workshop is FREE!

Columbia United Providers is offering this workshop to our members for **FREE!**

You will get a copy of *Living a Healthy Life with Chronic Conditions* and a certificate of completion for attending all the classes.

A light snack and drinks will also be provided at each session.



Register Now!

Call Susan Ybarrondo
(360) 449-8925
1(800) 315-7862

E-Mail Susan Ybarrondo
sybarrondo@cuphealth.com