



Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

Do you have Arthritis, Heart Disease,
Osteoporosis or Diabetes?
Or Are You Caring for Someone who Does?

Come Join us for...

Living Healthy*

A six week workshop series coming to the Louise Corning Center!

Session 1-Feb 27: Overview of self management & chronic conditions • making an action plan • using your mind to manage symptoms

Session 2-March 5: Feedback & problem solving • difficult emotions • fitness & exercise • making an action plan

Session 3-March 12: Better breathing • pain & fatigue • action plan • using your mind to manage symptoms • feedback & problem solving

Session 4-March 20 (Thursday): Nutrition • future plans for health care • communication making an action plan • feedback & problem solving

Session 5-March 26: Medications • making treatment decisions • depression • making an action plan • using your mind to manage symptoms • feedback & problem solving

Session 6-March 31 (Monday): Working with health professionals • working with health care systems • future plans • making an action plan using your mind to manage symptoms • feedback & problem solving

All classes will be held 12:30-3pm on Wednesdays, unless noted otherwise

**Living Healthy is the local implementation of the Chronic Disease Self Management Program developed by Stanford Patient Education Research Center. For more information please go to: <http://patienteducation.stanford.edu/programs/cdsmp.htm>*