



*Brings you...*

## **The Living Healthy\* Workshop Series!**

-A six week course for adults aged 60+ & their caregivers

Do you have Arthritis, Heart Disease, Osteoporosis or Diabetes?  
Or Are You Caring for Someone who has a chronic condition?  
Join us & learn how to break the symptom cycle!

Taking place at Saratoga Springs Senior Center  
5 Williams Street, Saratoga Springs  
Monday afternoons from 12:30 - 3pm

For more information, please contact Nancy Defibaugh at 518-584-1621

**Session 1: Sept 17<sup>th</sup>** - Overview of self-management & chronic conditions • using your mind • making an action plan

**Session 2: Sept 24<sup>th</sup>** - Feedback & problem solving • difficult emotions • fitness & exercise • making an action plan

**Session 3: Oct 1<sup>st</sup>** - Better breathing • pain & fatigue • using your mind to manage symptoms • problem solving & action plans

**Session 4: Oct 15<sup>th</sup>** - Nutrition • future plans for health care • communication • problem solving & action plans

**Session 5: Oct 22<sup>nd</sup>** - Medications • making treatment decisions • depression • using your mind • problem solving & action plans

**Session 6: Oct 29<sup>th</sup>** - health professionals & health care systems • future plans • using your mind • problem solving & action plans

*\*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>*