

Healthier Living

CHRONIC DISEASE SELF-MANAGEMENT

Join our Self-Guided Workshop with Weekly Phone Support!

This **FREE** workshop supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, chronic pain, high blood pressure, obesity, lung disease, and cancer.

You will learn tools for successful self-management of your chronic condition, problem-solving, and action planning.

Pre-registered* participants:

- Will receive free program materials.
- Can receive up to \$40 in gift cards.

FORMAT: Phone Sessions — group conference phone calls 30 minutes once a week.

LENGTH: 7 Weeks

Sessions — Once a week for 30 minutes

Session 0: Introduction

Session 1: Action planning

Session 2: Physical activity, exercise, and healthy eating

Session 3: Dealing with difficult emotions

Session 4: Making decisions

Session 5: Communication skills

Session 6: Working with your health care provider and planning for the future

**Registration is required.*

**For more
information and
to register:**

Please call
707-263-8382, ext. 1620
or email
mdominguez@lcthc.org



Lake County Tribal Health

707-263-8382
1-800-750-7181

Modern Medicine  Personalized Care

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