



TAKE CHARGE of your Health: Chronic Conditions

Do you have a chronic condition?



Take Charge of Your Health: Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage to live with a chronic health condition.

Topics covered:

- Nutrition and healthy eating habits
- Physical activity and exercise pain and stress management
- Effective communication with family, friends, and health care providers
- Problem-solving, goal setting, and many more
- Action planning, Improve sleep, and Pain management techniques

Workshops meet once a week for six weeks for 2.5 hours with a break. **This will be led in English.**

Meets on Tuesdays, 3:30-6pm
2/13/24 - 3/26/24

<https://us02web.zoom.us/j/83740410011>

To register, contact below or scan here:



Contact Ryan
(872) 263-0371
CTam@Tap360Health.org

Benefits of the class:

- Increased energy and less fatigue
- Increased physical activity
- Increased confidence in managing health
- Decreased pain and depression

Contact the Health Promotion Team at AgeOptions at AgeOptions (800) 699-9043 or email info@ilpathwaystohealth.org

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