

Living Well With Chronic Conditions

REGISTRATION FORM

Name

Address

City/State

Zip

Phone

How I found out about this program:

- Newspaper or Radio
- Senior Center / web-site
- UT Extension
- Warren County Health Department

**Registration required by
February 3, 2012.**

Please return this completed form to:

**UT—Warren Co. Extension or the
Warren Co. Senior Center**



Living Well with Chronic Conditions
in Tennessee

Trainer Contacts

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Visit the UT Extension Health Program Web site at
<http://fcs.tennessee.edu/healthsafety>

Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

Living Well With Chronic Condi-

A six-week
program
to help you to
improve your
health
one step at a
time.



What is Living Well with Chronic Conditions?

- *Living Well with Chronic Conditions* is a fun, skill-building program designed for persons with chronic disease.
- The program helps individuals take day-to-day responsibility for the care of their chronic condition.
- Participants gain skills necessary to self-manage their health condition and work effectively with their health care professionals.



Things You Will Learn in Each Session

Time: 9:00—11:00

Location: Senior Center

Session 1: Wednesday, February 8, 2012

Acute vs. chronic conditions
Using your mind to manage conditions
Distraction techniques
Symptom cycle

Session 2: Wednesday, February 15, 2012

Problem solving techniques
Difficult emotions
Physical activity and Exercise

Session 3: Wednesday, February 22, 2012

Better breathing & Muscle relaxation
Pain & Fatigue & Endurance activities

Session 4: Wednesday, February 29, 2012

Future plans for health care
Healthy eating
Communication skills

Session 5: Wednesday, March 7, 2012

Medication usage
Making informed decisions
Depression management
Positive thinking & Guided imagery

Session 6: Wednesday, March 14, 2012

Working with health care professionals
& the health care system
Looking back & planning for the future

Who Should Participate?

- Anyone living with a chronic condition
- A family member, friend, or care-giver of an individual with a chronic condition
- We help people with the following conditions, but not limited to: asthma, COPD, arthritis, depression, diabetes, cancer, heart disease, obesity, and fibromyalgia.

Program Details

- **6-week program**
(6 sessions, 2 hours per session)
- **Free program**
- **Registration is required by February 3, 2012**
- **Dates:** February 8—March 14, 2012
- **Time:** 9:00 a.m.-11:00 a.m.
- **Location:**

Warren Co. Senior Center

*809 Morrison Street
McMinnville, TN 37110*