

For anybody living with a chronic condition such as hypertension, diabetes, depression, heart disease...

My Life, My Health

Chronic Disease Self Management

Feel better.

Be in control.

Do the things you want to do.



Call 508-957-7620 or email:
healthylivingcapecod@gmail.com

Where: Harbor
Community Health
Center – 735 Attucks
Lane Hyannis, MA

When: Tuesdays, April
5-May 10, 2016 from 6-
8:30pm

Space is limited.

Call 508-957-7620 to
register for this free
program!

Topics Include:

- Week 1- Mind/Body Connection, Introduction to Action Plans
- Week 2 – Problem Solving, Dealing with Difficult Emotions, Physical Activity
- Week 3 - Pain and Fatigue Management, Relaxation
- Week 4 – Better Breathing, Healthy Eating
- Week 5 – Positive Thinking, Medication Usage
- Week 6 – Weight Management, Working with your Health Care Provider
- And much more!

