

# MANAGE YOUR LONG-TERM CONDITIONS

Join us for a Telephone Chronic Disease Self-Management Program  
Sponsored by the Area Agency on Aging District 7 (AAA7)

Do you have arthritis, diabetes, depression, heart or lung disease, or another ongoing condition?

Join us to learn about managing your conditions, including:

- Decision-making skills to better deal with medication use and treatment options.
- Becoming more physically active.
- Setting goals and plans.
- Dealing with fatigue, poor sleep and difficult emotions.



## Join us by telephone!!

**Tuesdays from October 6<sup>th</sup> – November 10<sup>th</sup>**

1:30 pm – 2:30 pm   ▪ Weekly Call In

Pre-registration is required by September 25<sup>th</sup>

- Must be 60 or older to participate.
- Must reside in one of the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto or Vinton.
- Those who are interested must pre-register for the class. Once registered, participants will receive a free Chronic Disease Self-Management kit in the mail and the conference call information prior to the start of the class. Contents in the kit will be used for the weekly calls.
- Participation in the weekly telephone conference calls is required to receive the kit at no cost.

For more information or to register, call the AAA7 at:

**1-800-582-7277 ext. 247**  
or e-mail [info@aaa7.org](mailto:info@aaa7.org)

