

Examples of Newsletter Inserts:

Short insert:

Living Well with Chronic Conditions

Stanford's Chronic Disease Self-Management Program. A free, six week workshop designed for all chronic health problems. Class is held for two hours once a week. Focuses on problem solving, decision making and confidence building. Available in English, Spanish and Tongan. <http://health.utah.gov/arthritis/>

Full-length insert:

Classes: Living Well with Chronic Conditions

Want to decrease **your** pain, decrease **your** doctors' visits, & enjoy life more? Living Well with Chronic Conditions is a self-management program. **C**lasses are given 2 1/2 hours, once a week, for 6 weeks, in community settings. People with different chronic health problems all attend together. Classes are conducted by two trained leaders; one or both with a chronic disease themselves.

Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain or others.

Subjects covered include:

- 1) Techniques for frustration, fatigue, pain & isolation
- 2) Appropriate exercise to maintain & improve strength
- 3) Appropriate use of medications & proper nutrition
- 4) Communicating effectively with family, friends & health professionals
- 5) How to evaluate new treatments

For more information check out the website at:

<http://health.utah.gov/arthritis/classes/livingwell.html>

See the online schedule at:

<http://health.utah.gov/arthritis/classes/cdsmp.php>

Or call 1-888-222-2542 to find a workshop near you.

