

HELPING YOU LIVE A HEALTHIER LIFE



**Better Choices,
Better Health**

A Stanford Self-management Workshop

Chronic Disease Self Management Program

WORKSHOPS COMING TO A COMMUNITY NEAR YOU

If you or a loved one have a chronic disease or condition, such as:

- Diabetes
- Arthritis
- Heart disease
- Cancer
- Fibromyalgia
- Neurological disease
- Depression
- Asthma
- Being overweight
- High blood pressure
- Chronic pain



WE HAVE THE TOOLS YOU NEED FOR A HEALTHIER LIFE

Sessions are 2 1/2 hours per week for 6 weeks.

Cost is \$12 for those 60 years and older and their caregivers.

\$40 for those under 60 years old.

Scholarships for seniors available upon request.

Requests for auxiliary aid, special accommodations or materials in an alternate format can be made to the Agency on Elderly Affairs at least 5 working days prior to any workshops.

To register for the workshop call
Charlyn Nakamine

at the Kaua'i County Agency on Elderly Affairs-241-4470

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