

## “My Life My Health” Free Series of 6 Classes



Call 508-627-5797 ext 114 or email: [infoMVPH@ihimv.org](mailto:infoMVPH@ihimv.org)

**For people 60 or older, or a family caregiver for someone who is 60 or older managing a chronic condition such as arthritis, heart disease, diabetes, asthma, high blood pressure.**

**A project of  
HealthyLivingMV  
Commonwealth Corps  
Massachusetts Service Alliance**



**Island Health Care  
A Federally Qualified  
Community Health Center**

### **Chronic Disease Self-Management**

This proven program is designed to give participants the knowledge and skills needed to take a more active role in their own health care or that of the people for whom they're caring.

Subjects covered include: 1) Finding better ways of dealing with pain and fatigue, 2) Learning appropriate use of medications, 3) Communicating effectively with family, friends and health professionals, 4) Improving nutrition, 5) Understanding new treatment choices, 6) Feeling better about life.

In addition, participants will create a personal action planner and learn new strategies from fellow participants.

### **PRE-REGISTRATION IS REQUIRED**

Our current program is funded in part by MA Executive Office of Elder Affairs and the Federal Administration for Community Living

