



# Chronic Disease Self-Management

## “Lunch & Learn” Series:

### March 21st – May 16th

#### Chronic conditions include:

- Diabetes
- Arthritis
- Fibromyalgia
- Asthma
- Cancer
- Depression
- Multiple Sclerosis
- Heart disease
- Chronic pain
- Mental illness
- Anxiety
- High blood pressure

**Living Life Well** is a free 8-week workshop series that was developed by Stanford University for anyone living with a chronic disease and their caregivers. Chronic diseases are life long health conditions such as diabetes, depression, heart disease, and multiple sclerosis.

The goal of this program is to help people better manage their chronic conditions and deal with the frustration, fatigue, and pain that can accompany a chronic disease.

To learn more about this program, visit:

<https://dphhs.mt.gov/publichealth/arthritis/selfmanagement>

#### Contact Information:

##### Deb Anderson

Blaine County Health Department  
400 Ohio St. (Courthouse Annex)  
Chinook, MT 59523

Phone: 357-2345

##### Kendra Seilstad

Blaine County Extension  
400 Ohio St. (Courthouse Annex)  
Chinook, MT 59523

Phone: 406-357-3200

#### Class Information:

Tuesday's from Noon-1:00 PM  
Triple E Room (Courthouse Annex), Chinook

Registration: **FREE**

Starts: **March 21st**

For information about a workshop, or to reserve a spot in one of the workshops, please contact: **Kendra Seilstad, Blaine County Extension, or Deb Anderson, Blaine County Health Department.**

*Living Independently for Today  
and Tomorrow!*

#### Learn New Skills to Improve Your Health!

Join a **Living Life Well** workshop and:

- ◆ Feel better and have more energy
- ◆ Discover new ways to improve your health
- ◆ Connect with others
- ◆ Communicate better with your family and physician

## Learn to break the symptom cycle!

