

Living a Healthy Life

Brought to you by St. Luke's Chronic Disease Management Program

This FREE seven-week online program, developed by Stanford University Patient Education Research Center, addresses chronic diseases such as heart disease, arthritis, diabetes, asthma and others.

Studies have shown that after completing the course, participants improved their healthful behaviors and health status. Topics include: sleep issues, exercise, nutrition, preventing falls, pain management, medication safety and more. This program is facilitated by health educators from Saint Louis County Department of Public Health and the University of Missouri Extension.

- A seven-week online workshop for adults living with a chronic condition and their family members
- Participants will receive a free book, "Living a Healthy Life with a Chronic Condition," a relaxation CD and information on accessing the Zoom meeting prior to the class

When: Wednesdays, November 4 through December 16 (once a week)

Time: 10 a.m. to Noon

Location: Online via Zoom meeting

Registration is required and space is limited.

**To register, visit www.stlukes-stl.com/St-Lukes-Education-Programs/2020/Living-a-Healthy-Life-Course/
Questions? Please call 314-542-4848.**



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