**Put Life**

**Back In Your Life!**





**The *Manage Your Chronic Disease (MyCD) Program***

A **FREE** six-week workshop for adults interested in learning how to better manage their chronic condition like arthritis, asthma, cancer, diabetes, high blood pressure, or pain. Build new relationships and learn new skills to help live a healthier life! Family members and caregivers are welcome to attend.

**SESSION TOPICS**

**WEEK 1**

* Introduction to workshop
* Group introductions
* Using your mind to manage symptoms
* Getting a good night’s sleep
* Introduction to action plans

**WEEK 2**

* Feedback and problem-solving
* Dealing with difficult emotions
* Physical activity and exercise
* Preventing falls and improving balance
* Making an action plan

**WEEK 3**

* Feedback
* Making decisions
* Pain and fatigue management
* Endurance exercise
* Relaxation
* Making an action plan

**WEEK 4**

* Feedback
* Better breathing
* Healthy eating
* Communication skills
* Problem-solving
* Making an action plan

**WEEK 5**

* Feedback
* Making healthy food choices
* Medication usage
* Making informed decisions
* Dealing with depression
* Positive thinking
* Making an action plan

**WEEK 6**

* Feedback
* Working with your healthcare professional
* Weight management
* Looking back and planning for the future





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Space is Limited! To SIGN-UP AND FIND a workshop LOCATION

in THE **Albuquerque METRO AREA, Call (505) 880-2800**

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**The *Manage Your Chronic Disease (MyCD) Program***

**MARCH / APRIL 2015**

**palo duro senior center**

**Address:** 5221 Palo Duro NE

**Day of Week:** Thursdays

**Times:** 1:00 p.m. to 3:30 p.m.

**Dates:** March 12 through April 16, 2015

**Diabetes Self-Management Program**

**los volcanes 50+**

**sports and fitness center**

**Address:** 6500 Los Volcanes NW

**Day of Week:** Tuesdays

**Times:** 1:00 p.m. to 3:30 p.m.

**Dates:** March 10 through April 14, 2015

**General Chronic Disease Self-Management Program**

**THE CANCER CENTER AT Presbyterian**

**Address:** 8300 Constitution Ave. NE,

**Day of Week:** Tuesdays

**Times:** 2:15 p.m. – 4:45 p.m.

**Dates:** April 7 through May 12, 2015

**Cancer: Thriving and Surviving program**

**north domingo baca**

**MULTIGENERATIONAL center**

**Address:** 7521 Carmel NE

**Day of Week:** Wednesdays

**Times:** 1:30 p.m. to 4:00 p.m.

**Dates:** March 11 through April 15, 2015

**General Chronic Disease Self-Management Program**

**lovelace westside hospital**

**Address:** 10501 Golf Course Rd NW

**Day of Week:** Thursdays

**Times:** 10:00 AM to 12:30 PM

**Start Date:** May 22nd

**End Date:** June 26th

Sign-up now to attend a workshop in the

**ALBUQUERQUE METRO AREA, CALL (505) 880-2800!**

