

# news release

Area 9 In-Home & Community Services  
Agency  
520 South 9th Street  
Richmond, Indiana 47374-6230  
765-966-1795 or 1-800-458-9345

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FOR IMMEDIATE RELEASE

September 8, 2009

Contact: *Beth Evans, Program Trainer*  
765-966-1795 or 1-800-458-9345

## **AREA 9 AGENCY OFFERS CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

Area 9 In-Home and Community Services Agency and Fayette County Senior Center have partnered to present *Living a Healthy Life with Chronic Condition*. This program is an evidence-based practice designed by Stanford University. They will be conducting six week sessions that will cover:

- Identifying common problems
- Difference between acute and chronic conditions
- Dealing with difficult emotions
- Relaxation techniques
- Pain and fatigue management
- Nutritional information
- Communicating with physicians
- Medication usage
- Depression management
- Planning for the future

Location: Fayette County Senior Center  
477 N Grand Avenue  
Connersville, IN 47331  
765-827-1511

Date: Wednesdays: Sept 23, Sept 30, Oct 7, Oct 14, Oct 21, and Oct 28

Time: 9:00am to 11:00am

For further information please contact the Fayette County Senior Center at 827-1511 or Beth Evans and Anita Williams at 765-966-1795 or 1-800-458-9345.