

# 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 23, 2009

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

## **CHRONIC DISEASE SELF-MANAGEMENT PROGRAM OFFERED**

Area 9 In-Home and Community Services Agency and Wayne County Minority Health Coalition 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: Merle Henderson Apartments  
81 South 14<sup>th</sup> Street  
Richmond, IN 47374

Date: Tuesdays: Oct 6, Oct 13, Oct 20, Oct 27, Nov 3, and Nov 10

Time: 1:00pm to 3:00pm

For further information please contact Beth Evans or Anita Williams at 765-966-1795 or 1-800-458-9345.

***(Please note date changes from previous news release. Thank you!)***