

Give Your Patients the Tools to Take Charge

Recommend a self-management education or physical activity program.

Help your chronic disease patients live happier, healthier lives.

Our organization is working with the Centers for Disease Control and Prevention (CDC) to spread the word about convenient, nonpharmacological interventions for chronic disease that are offered in our community. Studies show these **self-management education workshops** and **physical activity classes** are effective for people with conditions such as arthritis, diabetes, heart disease, and lung disease. They can **reduce symptoms**, give your patients the **confidence to manage their health**, and **improve their quality of life**.

Learn more about how these low-cost management options can complement your treatment recommendations.

We'd like to talk to you and your staff about the workshops and classes available in your area and how they can benefit your patients. To learn more or to schedule a brief visit by one of our staff members, contact:

Read about self-management education and physical activity interventions the CDC Arthritis Program has evaluated at www.cdc.gov/arthritis/interventions.htm.