



Evi-Base

People First. Integrity Always.

Facts About *MyLife* Programs

Health Self-Management Education for People and Their Families Dealing with Chronic Conditions

Programs

- **MyLife** and Chronic Health Conditions
- **MyLife** and Diabetes



1 weekly small group session for 6 weeks offered in the community where people live, work and worship.

Feel better! Stay active doing the things you enjoy most.

Know more about better ways to take control of your health and live better by managing your chronic health condition.

Small Group Conversation Topics

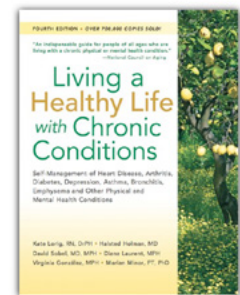
- Exercise and nutrition
- Medication usage
- Stress management
- Communication skills
- Working with your healthcare provider and healthcare organization
- Dealing with emotions and depression
- Pain management

Understand your role in managing your chronic health condition, make informed decisions about care and make healthy choices.

Skill-building Components

- Goal setting/action plans
- Brainstorming
- Problem solving
- Decision Making

Every participant receives a book.



Evi-Base organizations are improving the lives of caregivers and care recipients dealing with chronic health conditions.

For more information contact Evi-Base Health Ministries Network at **(216) 512-0222** or **(800) 323-0398** email us at **programs@evi-base.com**

