



# Are you living with a chronic disease?

It's **TIME** to EMPOWER YOURSELF for a **HEALTHIER, HAPPIER LIFE.**

**REGISTER** for an upcoming interactive workshop to manage your own care and improve your quality of life.

## WHAT TO EXPECT

- Improve nutrition and exercise habits
- Manage pain and fatigue
- Develop goal-setting strategies
- Improve communication with physicians

Relatable Conditions



Anxiety



Arthritis



Chronic Pain



Diabetes



Heart Disease



High Blood Pressure



Obesity

## Upcoming Workshops in New Madrid County

### DIABETES WORKSHOPS

Topic	First Session Begins	Time	Location
Diabetes	Oct. 19, 2017	10 AM	New Madrid County Health Department
Diabetes	Feb. 26, 2018	10 AM	New Madrid County Health Department
Diabetes	April 12, 2018	10 AM	New Madrid County Health Department
Diabetes	Aug. 13, 2018	10 AM	New Madrid County Health Department
Diabetes	Oct. 22, 2018	10 AM	New Madrid County Health Department

### CHRONIC DISEASE WORKSHOPS

Topic	First Session Begins	Time	Location
Chronic Disease	Oct. 16, 2017	10 AM	New Madrid County Health Department
Chronic Disease	Jan. 4, 2018	10 AM	New Madrid County Health Department
Chronic Disease	April 9, 2018	10 AM	New Madrid County Health Department
Chronic Disease	Aug. 16, 2018	2 PM	New Madrid County Health Department
Chronic Disease	Oct. 17, 2018	1 PM	New Madrid County Health Department



In conjunction with Regional Arthritis Centers

New Madrid County Health Department  
406 U.S. Highway 61  
New Madrid, MO 63869

## GET STARTED TODAY.

Workshops are confidential and provided at no cost.  
[www.DiscoverMPower.com](http://www.DiscoverMPower.com) or call (573) 748-5541