



# Living Well With Chronic Conditions

## Chronic Disease Self-Management Program

A free workshop for people with chronic health concerns

If you or someone you care for has heart disease, cancer, celiac disease, arthritis, asthma, diabetes, COPD, chronic pain, depression or any other chronic disease, the Living Well With Chronic Conditions workshop can help you take charge of your life.

Developed by Stanford University. Sponsored and presented by the Tennessee Commission on Aging and Disability, the East Tennessee Human Resource Agency, and Area Agency on Aging and Disability

Registration & Information: 865.207.7134 or [kunderwood@wmbc.net](mailto:kunderwood@wmbc.net)  
Class size is limited - Reserve your place today

Workshop begins June 10, 2013 and meets once each week for 6 weeks

10:00 am to 12:30 pm

Room S-242

Wallace Memorial Baptist Church  
701 Merchant Drive Knoxville, TN 37912  
I-75 Exit 108

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