

This Stanford University Program has been proven to have positive outcomes, such as:

1. Improved physical and mental health
2. Enhanced quality of life
3. More effective healthcare utilization
4. Reduced healthcare expenditures

Next class:

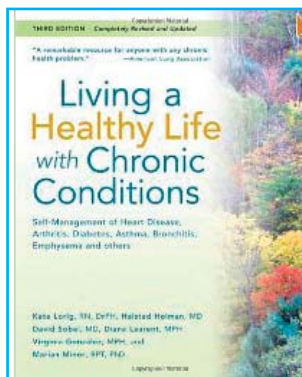
DATES _____

TIMES _____

PLACE _____

Participants receive a copy of

Living A Healthy Life with Chronic Conditions



PLEASE JOIN US!

To register for this program:

- Contact Bonnie Kratzer, RN, BSN at 609-463-4043
- Email: jkratzer@caperegional.com
- Or mail in this form:

NAME _____

ADDRESS _____

PHONE # _____

EMAIL _____

Parish Nursing
Cape Regional Medical Center
2 Stone Harbor Boulevard
Cape May Court House , NJ 08210



www.caperegional.com

TAKE CONTROL OF YOUR HEALTH

AT CAPE REGIONAL MEDICAL CENTER

THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

A free 6-week workshop led by trained peer leaders for persons with any ongoing or long-term health conditions

This program includes six 2-1/2 hour weekly sessions and teaches new ways to manage your health.



Take Control of Your Health welcomes

family members and caregivers as well as persons with Chronic Conditions such as:

- Heart disease
- Diabetes
- Arthritis
- Depression
- Lung disease
- High blood pressure
- And many other conditions

Quotes from participants

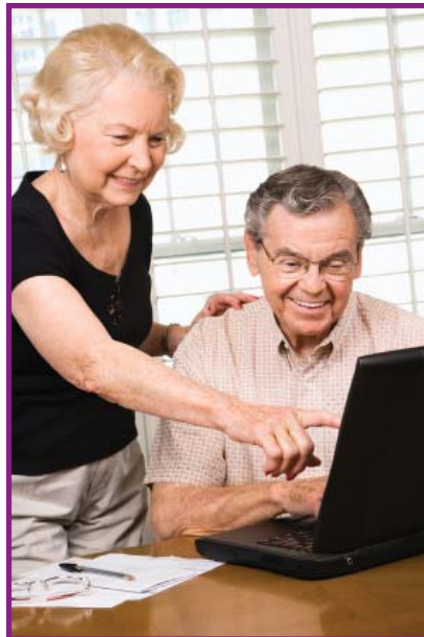
“This is a great opportunity to get my life back in order.”

“I have a more positive attitude related to my physical and mental health.”



In “Take Control Of Your Health” you will learn:

- How to manage your symptoms
- How to get started with healthy eating and exercise
- How to communicate effectively with your doctor and health care team
- How to manage your fear, anger and frustration
- How to make daily tasks easier
- How to get more out of life



This program was created by Stanford University. The Parish Nurse/Lifestyle Management Program at Cape Regional Medical Center teaches the techniques and strategies of Take Control Of Your Health so that you can cope with your chronic condition.



You will learn ways to manage your chronic health condition so you can become “you” again.

For more information, please call Bonnie Kratzer, RN, BSN

Cape Regional Medical Center
609-463-4043