



Healthier Living with Chronic Conditions Group Education Classes Veteran Information Sheet

- WHO:** This class is for Veterans who have a long term or ‘chronic’ health condition. A guest may attend class with you.
- WHAT:** The goal of the class is to help the Veteran manage his or her health and maintain an active and fulfilling life.
- WHEN:** Six weekly classes. The day of class will be determined prior to class start. Veterans will be notified by class facilitator.

CLASS DESCRIPTION:

The weekly classes cover the following topics:

Medication management	Work with others
Relax and enjoy life	Find support and solutions to problems
Manage fear, anger and frustration	Relax and manage stress
Deal with pain and feeling tired	Work in partnership with your healthcare team
Eat for better health	
Make daily tasks easier	

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:

That will be determined by space availability. Veterans will be notified by class facilitator if possible.

WHERE:

This class is held at the Main Medical Center in Saginaw.
Class facilitator will notify Veterans of specific room locations.
Clinical Video Telehealth (CVT) is available for Community Based Outpatient Clinics (CBOCs).

WILL VETERAN GET TRAVEL PAY?

Yes – if eligible

HOW CAN A VETERAN JOIN THIS CLASS?

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.

