



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:

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|------------------------------------|--|
| 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.

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.