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Our mission is to protect  
the health, safety and  
well-being of all Union  
County by providing quality  
public health services.

**An equal opportunity**  
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## Press Release

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February 29, 2012

### For Immediate Release

#### Free Course Helps Manage Chronic Disease

Dealing with a chronic medical condition can take a toll on quality of life. It can lead to frustration, resentment, and a feeling of helplessness. If you are one of the many Union County resident struggling with a chronic medical condition, help may be just around the corner.

The Union County Health Department is offering a FREE Chronic Disease Self-Management Course to help individuals take control of their health. The six week nationally recognized program will be held each Friday from March 16-April 20 from 1-3:30 p.m. in the dining room of the Windsor Manor Senior Center. The course is open to any Union County resident who has a chronic health condition. Registration is required by Mar. 9.

The course is designed to help people with a variety of conditions, ranging from diabetes and high blood pressure to chronic pain and fatigue. The techniques discussed in the course will help you manage all types of chronic conditions.

At each session, you will get a support network, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

“If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Chronic Disease Self-Management Course can help you take charge of your life,” said Brenda Rock, health educator for the Union County Health Department.

Space is limited, so register today. To register, call the Union County Health Department at **937.642.2053** and ask for Brenda Rock or email [brenda.rock@health.co.union.oh.us](mailto:brenda.rock@health.co.union.oh.us).

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The Chronic Disease Self-Management Course is a public health initiative of the Union County Health Department. For more information, please call 937-642-2053.

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