

# be your own boss

THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM FOR YOUTH

If you are a youth or young adult and live with one or more chronic conditions, you are probably facing many challenges. Alberta Health Services is offering a free six-week workshop series on planning for everyday living.

## Learn how to BE YOUR OWN BOSS

In a supportive environment with people like you, you will learn:

- how to look after your illness - all the appointments, meds, food and physical activity restrictions and the symptoms associated with having a chronic condition
- how to carry on with school, homework, relationships with friends and family, and still keep up a social life and participate in activities
- how to handle the difficult emotions that come with living with chronic illness

### NEXT WORKSHOP

February 2 – March 8, 2012  
Thursdays, 4:30-7:00 pm  
Edmonton Epilepsy Association  
Call 780-488-9600 to Register

For more information contact:

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(780) 735-3220

