

Living a Healthier Life with a Chronic Condition Summer 2026 Syllabus

Mondays, 1:00 pm - 2:30 pm

Virtual vi Zoom

Richard Davis and Carol Chapman

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Course Description

You CAN manage your chronic condition and find the support you need to live your fullest life.

Week	Topic	Notes
Week 1 / 06/01	Chronic vs Acute Conditions	Action Planning
Week 2 / 06/08	The Mind-Body Connection	Problem-Solving
Week 3 / 06/15	Physical Activity & Exercise	Dealing with Difficult Emotions
Week 4 / 06/22	Healthy Eating	Decision Making
Week 5 / 06/29	Communication Skills	Exercise Practice
Week 6 / 07/06	Dealing with Depression	Relaxation Body Scan
Week 7 / 07/13	Better Breathing	Food Labels
Week 8 / 07/20	Medication Management	Pain Management
Week 9 / 07/24	Working with your Health Care Team	Making Informed Treatment Decisions

***Content/order/classes/speakers subject to change if necessary.**

It is OK to still be working on things when you turn your Syllabus in. Please turn your Syllabus in **ON TIME**, with “TBA” for **ANYTHING** you are still working on setting up.