



The Boston VA is offering the Stanford University **My Life My Health program**, which is designed to help individuals with chronic health issues. It is a **research-supported** standardized curriculum that was developed by Stanford University. This class meets for 2 ½ hours once a week for 6 weeks to discuss and develop skills around:

- Managing symptoms
- Taking medication
- Working with your healthcare team
- Setting weekly goals
- Problem-solving
- Relaxation & coping with difficult emotions
- Healthy eating
- Communication
- Improving Quality of Life

***This is NOT a program that replaces other medical education programs. It is a program to assist Veterans in self-management of their chronic disease and symptoms.***

**When:**

Contact Karen Harnois at 774-826-2110 to find out when and where the next program will be held.

**Who can attend?**

Any veteran enrolled at the Boston VAMC, and/or their CAREGIVER, who has or one or more prolonged diseases like asthma, arthritis, cancer, chronic pain, diabetes, heart disease, anxiety, depression, PTSD, etc.

**How to Enroll or Get more Information:**

Call Karen Harnois at 774-826-2110 to sign up for the class or tell your providers. **Class size is limited. This is NOT a walk-in class. There is NO copay for these classes.**

**“Alone we can do so little; together we can do so much.”**

- Helen Keller

