

Staying Healthy at Home with The Dallas Area Agency on Aging



Tool Kit for Active Living with Chronic Conditions

This program includes all tools in the Chronic Disease, Diabetes, and Chronic Pain Self-Management Programs, packaged into a specialized Tool Kit just for you. It offers an alternative method for those who cannot or do not wish to attend workshops in person or online. There are three different Tool Kits available: Chronic Conditions, Diabetes, or Chronic Pain.

Each Tool Kit contains:

- The Living a Healthy Life with Chronic Conditions, 4th Edition book
- The Relaxation for Mind and Body CD
- An exercise CD with accompanying booklet
- A self-test to help decide how to use the materials
- Tips sheets on the most important self-management tools

Individuals have two options for participating in the Tool Kit program.

Option 1: Receive the mailed Tool Kit and work at your own pace on your own time

Option 2: Received your mailed Tool Kit and participant in a weekly conference call from our leaders to answer questions and discuss topics.

To register for a program or get more information click here:

Questions: Email: empoweryou@ccgd.org

Main number: 214-871-5065 and ask for An Evidence Based Team Member.