



THIS CERTIFIES THAT

has successfully completed the following sessions of the Kansas Optimizing Health Program
Chronic Disease Self-management Course

- ___ Session 1 - Introduction to Action Plans; Differences between Acute and Chronic Conditions
- ___ Session 2 - Feedback/Problem Solving; Dealing with difficult emotions; Intro to Physical Activity
- ___ Session 3 - Better Breathing; Muscle Relaxation; Pain/Fatigue Management; Endurance Activities
- ___ Session 4 – Future Plans for Health Care; Healthy Eating; Communication skills
- ___ Session 5 – Medication Usage; Making Informed Tx Decisions; Depression Management; Positive Thinking
- ___ Session 6 – Working with Your Health Care Professional; Planning for the Future

**Action Plans and Feedback/Problem Solving discussed every week



KOHP Leader