

healthy choices



live well. be well.

# Living a Healthy Life with Chronic Disease



## What are Chronic Diseases?

There are many chronic diseases that millions of Americans have. Here are some examples:

- Cardiovascular disease
- Diabetes
- Osteoporosis
- Arthritis
- Multiple sclerosis
- Lupus
- Asthma
- Crohn's disease
- Ulcerative colitis
- Hypothyroidism/hyperthyroidism

## How to manage Chronic Disease?

The most important step you can take is to seek help as soon as you feel less able to cope. Taking action early will help you understand and deal with the many effects of a chronic illness. Learning to manage stress will help you to maintain a positive physical, emotional and spiritual outlook on life.

## How to live a better life with chronic disease.

These strategies can help you regain a sense of control and improve your quality of life.

There are, of course, things that you can do on your own that will help. These include tips such as:

- Eating a healthy diet.
- Getting as much physical activity as you can.
- Avoiding negative coping mechanisms like alcohol and substance abuse.
- Exploring stress-relief activities like meditation.
- Letting go of obligations that you don't really need to do or want to do.
- Asking for help when you need it.
- Staying in touch with family and friends.

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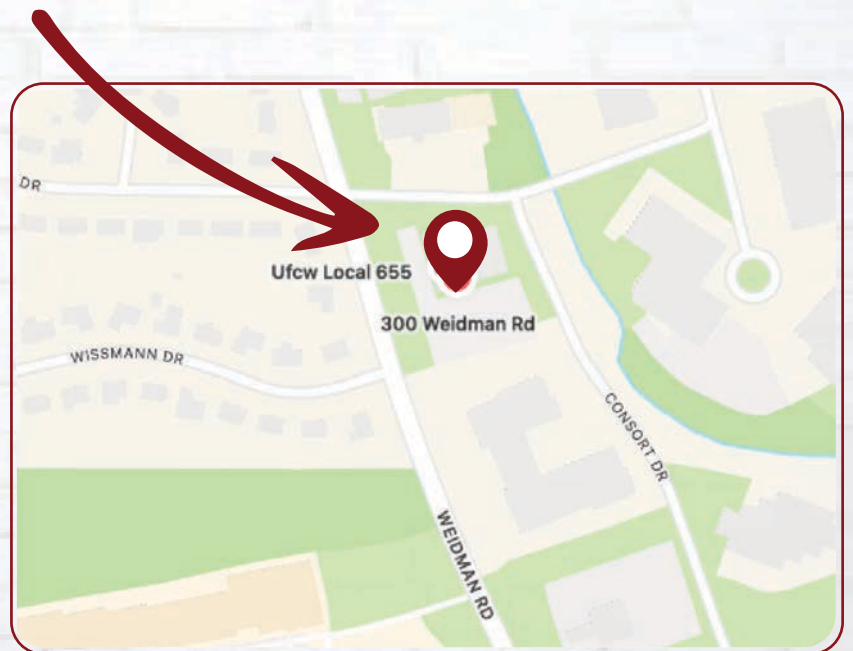


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