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<b>Course Overview</b>						
<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Overview of self-management and chronic health conditions						
Making an action plan						
Relaxation/cognitive symptom management						
Feedback/problem-solving						
Anger/fear/frustration						
Fitness/exercise						
Better breathing						
Fatigue						
Nutrition						
Living wills <u>or</u> community resources						
Communication						
Medications						
Making treatment decisions						
Depression						
Informing the health care team						
Working with your health care professional						
Future plans						