

**Living A Healthy Life With Chronic Conditions: Self-
Management Of Heart Disease, Arthritis, Diabetes,
Depression, Asthma, Bronchitis, Emphysema And
Other Physical And Mental Health Conditions
By Kate Lorig DrPH;Halsted Holman MD;David Sobel
MD MPH**

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Information from Mayo Clinic experts on leading a healthy lifestyle, including healthy recipes.

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Self-Management of Heart Disease, Arthritis, Emphysema & Other Physical & Mental Health Conditions. by Kate Lorig RN DrPH, Halsted Holman MD, David Sobel MD

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Karen talks about how you can influence your family to live a healthy lifestyle!

Conditions Self-Management of Heart Disease, Emphysema and Other Physical and Mental Health Conditions Kate Lorig, RN, DrPH Halsted Holman, MD

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