

# be your own boss



## The chronic disease self-management PROGRAM FOR YOUTH AND YOUNG ADULTS

Do you have a chronic disease?  
Are you between the ages of 13-24?  
Do you want to learn ways to take better care of yourself?  
Do you live in or near Lafayette?

If yes, then call and ask more about the study called "Be Your Own Boss"! Learn self-management skills in a series of 6 fun and supportive workshops with other young adults who may be facing the same challenges as you. It is expected that the participants who choose to participate in the workshops, will find the workshop helpful and will improve their ability to feel good and care for themselves.

### Workshop Details:

**Dates:** Mondays, 6-8:30pm,  
October 17 – November 21

**Location:** Morton Community Center  
222 N. Chauncey Avenue  
West Lafayette, IN 47906

For more information about this research study conducted through Riley Hospital for Children call

#317-948-0061

or email

[cyacc@iupui.edu](mailto:cyacc@iupui.edu)

and ask about the "Be Your Own Boss" program.

For questions about the study you may also contact the researcher **Mary Ciccarelli, M.D.** at **317-948-0061** or [mciccare@iupui.edu](mailto:mciccare@iupui.edu)

