"Self-management approaches to promote mental and physical health among individuals with chronic health conditions"

Objectives:
1. Participants will better understand the concept and goals of self-management in patients with chronic health conditions.
2. Participants will gain familiarity with emerging research on self-management in individuals with diabetes, mental health conditions and neurological disorders including epilepsy and stroke.
3. Participants will learn about opportunities to promote patient self-management in health care settings.

Dr. Sajatovic is professor of Psychiatry and of Neurology at Case Western Reserve University School of Medicine in Cleveland, Ohio. She is a researcher, educator, and clinician who has devoted herself to the study and treatment of traditionally hard-to-treat populations with psychiatric and neurological disorders. Dr. Sajatovic holds the William Brown Chair in Neurological Outcome at University Hospitals Case Medical Center/Case Western Reserve University School of Medicine. Dr. Sajatovic's research interests have focused on the management of chronic illnesses, particularly those that affect the brain and psychological processes.

Zoom:
Or Phone: 1-408-638-0968
Meeting ID: 897 518 128
https://ucdenver.zoom.us/j/897518128