

Hosted by the Greene Care Clinic

# Better Together

**A Chronic Disease Management Support Group  
for Greene County, VA**

[www.greenecareclinic.org/better-together](http://www.greenecareclinic.org/better-together)

**2nd & 4th Tuesday of each month | 6 pm**

 **Stanardsville Station, 126 Main Street, Stanardsville, VA**



**Topics include:** Managing the stress & frustration of a chronic disease/aging, nutrition, how to improve your balance & reduce your fall risk, the benefits of exercise and more!



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