

Hosted by the Greene Care Clinic

Better Together

A Chronic Disease Management Support Group
for Greene County, VA

www.greencareclinic.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!

