

Have a chronic disease such as asthma, arthritis, diabetes, heart disease, or other life-long conditions?

Want to better manage your conditions and feel healthier??

Put Life Back Into Your Life with the....

Chronic Disease Self-Management Program



Join this small group workshop that meets once a week for six weeks.

You'll gain support and:

- Learn ways to deal with pain, fatigue and depression
- Discover ways to be more physically active
- Learn how to eat healthier
- Learn better ways to talk with your physician and family about your health
- Set personal goals
- Find ways to relax and better deal with stress

PROVIDED AT
NO COST TO
YOU!

The class is for individuals age 60 and over.

Participants will receive a FREE copy of "Living a Healthy Life with Chronic Conditions," a 374-page guide to self-management.

New Class Beginning May 2nd in Waverly!

Location: Pike County Senior Center, 402 Clough Street, Waverly

Time: 1:00 pm – 3:30 pm

Classes will be held each Wednesdays from May 2nd until June 6th

Please Pre-Register by April 24th by calling 1-800-582-7277

Ask for Carla Cox at extension 284 or Jennifer Atkinson at extension 247.