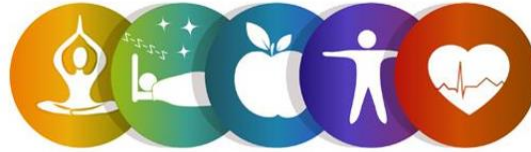


Want to Take Charge of Your Health?

Become a Self-Manager!



Register for the ***Help Yourself to Health*** Workshop!

This six-week workshop is part of the Chronic Disease Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered virtually!

Participants with chronic conditions such as high blood pressure, asthma, heart disease, and diabetes will learn new ways to take charge of their health and learn tips to manage pain, depression, and overcome physical limitations.

Workshop Details:

This six-week workshop meets weekly on Thursdays via Zoom. Participants will receive a Self-Management Tool Kit in the mail at no cost.

Dates: March 11th, 18th, 25th, April 1st, 8th, and 15th

Time: 10am-12:30pm

To register, contact:

Lauren Jirinec

Health Promotion Specialist

(215)765-9000 ext. 5119

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