

Want to Take Charge of Your Health?

Become a Self-Manager!



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

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

In light of COVID-19, this will be offered *virtually (Zoom)!*

Participants will learn tips and strategies to take charge of their chronic conditions such as heart disease, arthritis and lung disease. Topics include dealing with fatigue, working with health providers, physical activity, addressing poor sleep, problem solving and becoming more involved in everyday activities.

Workshop Details:

This program will be held on Wednesdays via Zoom. All participants will be mailed materials including Living a Healthy Life with Chronic Conditions at no cost.

**Dates: September 30th,
October 7th, 14th, 21st, 28th and
November 4th 2021**

To register, contact:

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Promotion Nurse Supervisor**

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