



BECOME A SELF-MANAGER!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly 2 ½ hour sessions (via Zoom)
- ✓ Gain support from others who have similar health issues

UPCOMING VIRTUAL WORKSHOP:

Dates: Tuesdays, March 29th, April 5th, 12th, 19th, 26th and May 3rd, 2022

Time: 10am to 12:30pm

TO REGISTER, CONTACT:

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WANT TO TAKE CHARGE OF YOUR HEALTH?

Register for a FREE workshop!

Help Yourself to Health – A Chronic Disease Self-Management Program

Do you have a chronic health condition or care for someone who does? Join this evidence-based six-week workshop and learn how to self-manage your condition and symptoms! Workshops are now virtual! Topics include:

- ✓ How to address fatigue, pain, sleep, shortness of breath, stress, and emotional difficulties
- ✓ Breathing techniques
- ✓ Falls prevention
- ✓ Healthy eating and physical activity
- ✓ Communication skills
- ✓ Action planning, decision making, and problem solving

REGISTRANTS MUST BE 60+ AND LIVE IN PHILADELPHIA!



Philadelphia Corporation for Aging supports this program through Title IIIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.