



## 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: Thursdays - June 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, July 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup>  
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 III D funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.