



BECOME A SELF-MANAGER!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly 2.5 hour sessions via ZOOM
- ✓ Gain support from others who have similar health issues

UPCOMING WORKSHOP:

Date: Tuesdays, October 18th, 25th, November 1st, 8th, 15th and 22nd

Times: 10am to 12:30pm

Held via ZOOM

TO REGISTER, CONTACT:

Lauren Jirinec, PCA
(215)765-9000 x5119

WANT TO TAKE CHARGE OF YOUR HEALTH?

Register for a FREE virtual 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! 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.