



BECOME A SELF-MANAGER!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly 1 hour phone sessions
- ✓ Gain support from others

UPCOMING WORKSHOP:

Date: Mondays, Feb. 27th,
March 6th, 13th, 20th, 27th,
and April 3rd

Time: 11AM to 12PM
Held via phone

TO REGISTER, CONTACT:

Lauren Jirinec, PCA
(215)765-9000 x5119

WANT TO TAKE CHARGE OF YOUR HEALTH?

Register for a FREE telephone 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 and combat fatigue, pain, sleep, shortness of breath, stress, & emotional difficulties
- ✓ Breathing techniques
- ✓ Falls prevention
- ✓ Healthy eating and physical activity
- ✓ Communication skills
- ✓ Action planning, decision making, & 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.