

**Take
Charge
of Your Health!**

Register for the....

Living Well

Chronic Disease Self-Management Program



This program consists of 6 FREE classes

Led by Trained Leaders

Who should register?

People (along with their caregiver or relatives) who have arthritis, diabetes, heart disease, hypertension, or any other chronic condition that requires ongoing medication.

May 7-June 18, 2020

Meets Every Thursday

Time: 2:30 p.m. – 5:00 p.m.

**Prince George's County Health
Department**

D. Leonard Dyer Regional Health Center
9314 Piscataway Road, Clinton, MD 20735

BENEFITS

- Classes are **FREE**
- Learn how to manage stress
- Improve your strength and endurance
- Create and practice action plans
- Develop a healthier lifestyle
- Learn how to be a partner with your health care team
- Receive a **“Living a Healthy Life with Chronic Conditions”** textbook with completion of program

TO REGISTER:
Call 301-856-9465
Health.mypgc.us/livingwell



**Must register | Space is limited
Healthy snacks will be provided**

Disclaimer: This program requires a minimum number of participants in order for the classes to be offered.