

Take Charge of Your Health!

Register for the....

Living Well

Chronic Disease Self-Management Program



June 11 - July 23, 2019

Meets Every Tuesday

Time: 4:30 pm - 7:00 pm

**Prince George's County Health
Department Headquarters**

1701 McCormick Drive, Largo, MD 20774

BENEFITS:

- 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 for completion of program

Disclaimer: In case of low participant attendance, the scheduled program may be cancelled.

Must register | Space is limited | Snacks will be provided

This program consists of six (6) 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.

Registration is required.

For registration and more information

Call 301-856-4734

Email: Wellnessinfo@co.pg.md.us



MARYLAND
Living Well
CENTER of EXCELLENCE

