

**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.

January 14-February 25, 2021

Meets Every Thursday Online

Time 2:30 p.m. - 5:00 p.m

BENEFITS

- Classes are FREE
- Improve your strength and endurance
- Practice communication and decision-making skills
- Learn how to develop a healthier lifestyle
- Learn how to problem solve with your health care team
- Create and practice action plans
- Receive a "Living a Healthy Life with Chronic Conditions" textbook with completion of program.

Call 301-856-9643
Email: wellnessinfo@co.pg.md.us



Must register | Space is limited

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