

Prince George's County
Department of Family Services

Presents

Living Well

Take Charge of Your Health

Chronic Disease
Self-Management Workshop

Thursdays, Sep. 6, - Oct. 18, 2018

10:00 am - 12:30 pm



FREE WORKSHOP

Led by Trained Leaders

Who Should Register? People with asthma, arthritis, COPD, cholesterol issues, diabetes, gout, heart disease, hypertension, obesity, chronic pain, lupus or any other chronic condition that requires regular on-going medication. Registration is required.

Benefits:

- Manage symptoms
- **Promote positive outcomes**
- Improve strength and endurance
- **Practice action plans**
- Promote a healthy lifestyle consisting of exercise and nutrition
- **Be an active participant with your healthcare team**
- Receive a text book - Living a Healthy Life with Chronic Conditions for \$20 and get a Certificate of Completion



First Baptist Church of Highland Park
6801 Sheriff Road
Hyattsville, MD 20785

Must register | Space is limited
Snacks will be provided

For Registration and More Information
Call 301-248-0039. Please Leave a
Voicemail Message .



Rubern L. Baker, III
County Executive



Elana Delon-Butler
Director



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