

Prince George's County  
Department of Family Services

Presents

# Living Well

Take Charge of Your Health

Chronic Disease  
Self-Management Workshop

Thursdays, May 24, - July 5, 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 Donna Mason at 301-237-7607



Rubern L. Baker, III  
County Executive



Elana Belou-Butler  
Director



Take Charge of your Health

