

Do you struggle with...

DIABETES? HIGH BLOOD PRESSURE? HEART DISEASE? COPD?

Learn what YOU can DO to MANAGE your HEALTH

Chronic Disease Self-Management Program

Each program offered in weekly classes -- 2.5 hours each week for 6 weeks

No charge - Space is limited - Pre-registration is requested

Free classes - Open for the 60+ community

Topics:

- Understanding the disease
- Selecting healthy foods
- Planning healthy menus
- Staying active
- Dealing with stress
- Delaying complications
- Learning to communicate with your family and healthcare team
- Setting goals

Where:

**Shenango Valley Senior Center
220 N. Buhl Farm Drive
Hermitage, PA 16148**

When:

**Every Thursday
Starting March 9, 2023
11:00 am**

**For more information, please contact:
Robin at 724-981-7950 or Ericka at 724-662-6222**

