

Chronic Disease Self-Management Program

February 1, 8, 15, 22, 29 and March 7
11:00 a.m.—1:30 p.m.

Hosted by Friendship Missionary Baptist Church
400 Campbell Avenue
Fayetteville, NC, 28301

Offered in partnership with Mid-Carolina Area Agency on Aging



Living Healthy is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other chronic disease, Living Healthy is for you. By attending this workshop one time per week for 6 weeks, you will learn how to:

- **Manage symptoms**
- **Communicate effectively with your doctor and other health care professionals**
- **Lessen your frustration**
- **Fight fatigue**
- **Build your confidence**
- **Make daily tasks easier**



FREE

**For registration or for more details, please contact
Deborah Atkinson
(910) 822-5441**

