Chronic Disease Self-Management Program

January 24, 31, February 7, 14, 21, 28
9:00 a.m.—11:30 p.m.
Hosted by Garland Senior Center
91 Church Street
Garland, NC 28441
Offered in partnership with Mid-Carolina Area Agency on Aging

LIVING HEALTHY
FEEL BETTER
TAKE CHARGE

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
Marie Faircloth
(910) 529-3931
gcenadmin@intrstar.net

PROGRESS THROUGH INTERGOVERNMENTAL COOPERATION
CUMBERLAND CO.
HARNETT CO.
SAMPSON CO.