

Chronic Disease Self-Management Program

January 30, February 6, 13, 20, 27 & March 5

Mondays 12:30 p.m.—3:00 p.m.

Hosted by Westover Recreation Center

267 Bonanza Drive

Fayetteville, NC 28303

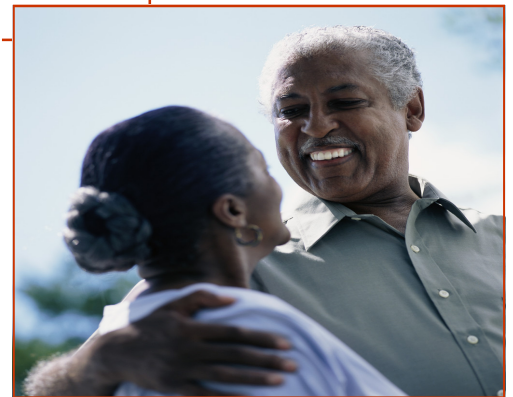
Offered in partnership with Mid-Carolina Area Agency on Aging and
Community Health Interventions and Sickle Cell Agency, INC.



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

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**Mid-Carolina
Area Agency on Aging**