

the healthy living Center of Excellence MetroWest



Living with

Back Pain

Cardiac Failure

Asthma

Diabetes

Hypertension

Arthritis

Renal Failure

Depression

Lung Disease

Heart Disease

Bronchitis

or with other
long-term
conditions?

Learn to take control of your health!

We will be raffling a **\$25 gift card** at the end of the workshop. Participants will receive the book *“Living a Healthy Life with Chronic Conditions”*. To be a full participant people *need to attend 4 out of the 6 weekly sessions*.

If you don't want to attend alone bring a friend with you, the program is open to anyone 18 and older with a chronic condition.

My Life, My Health Self-Management

Tuesday – April 25, May 2, 9, 16, 23, 30

12:30 to 3:00 pm

Hosted at: Plainville Council on Aging

To register call Council on Aging:

508-699-7384

The courses meet for 2 1/2 hours per week for six weeks. During these six weeks you will learn:

- Disease related problem-solving
- Practical ways to deal with pain, fatigue, and stress
- Better nutrition and exercise choices
- How to improve your patient/physician relationship
- Medications & Management
- Skills to manage symptoms