

You Can! Live Well, Virginia!



Chronic Disease Self-Management Program

Living Healthy with a Chronic Condition

Who can take part? Anyone living with a chronic health disease such as asthma, diabetes, heart conditions, cancer, and/or high blood pressure.

A FREE 6-week class to help you improve your health – one step at a time.

In the class you will learn how to:

- ❖ Manage your symptoms with confidence,
- ❖ Communicate effectively with family, friends, & your doctor
- ❖ Find support and solutions to problems,
- ❖ Adopt healthy behaviors,
- ❖ Prolong independence,
- ❖ Make daily activities easier

February 16 – March 22, 2012

2:00 – 4:30 PM @ JABA

If you are interesting in attending....

Call Beth Hochstetler

434-817-5271 or

bhochstetler@jabacares.org

Chronic Disease Self-Management program is also available online. To register for an online workshop, go to <http://www.selfmanage.org/signup>

