

Chronic Disease Self-Management Education

Sign up for a workshop now!

Do you or a loved one have a chronic condition like, but not limited to:

- | | | |
|------------------------------|------------------------------|------------------------|
| *Asthma | *Diabetes | *Heart Disease |
| *Arthritis | *Depression | *Lung Disease |
| *Cancer | *Emphysema | *Parkinson's |
| *COPD | *Fibromyalgia | *Obesity |
| *Congestive
Heart Failure | *Chronic Fatigue
Syndrome | *Multiple
Sclerosis |
| *Stroke | *Pain | |

Meet weekly for 6 sessions to find new ways to:

- Manage stress and improve the ability to relax
- Fight fatigue and frustration
- Eat better and exercise safely
- Control pain and improve activity
- Learn better ways to talk to your doctor and family about your health
- Solve problems and get the support you need



Live Well, Virginia!



Area Agency on Aging
Prince William | Manassas | Manassas Park
Empower, Enhance and Enjoy Aging!

**Workshop address – Trillium Center
13184 Centerpointe Way, Woodbridge, VA 22192**

Mondays

February 18 – March 25, 2019

6 classes, 1 per week for 6 weeks

9:30 a.m. – 12:00 p.m.

To register or for more information:

Call Independence Empowerment Center at: 703-257-5400

No registration costs, space is limited