

# Chronic Disease Self-Management Workshop

A SIX WEEK PROGRAM TO HELP YOU LEARN TO LIVE A  
HEALTHY LIFE WITH ANY CHRONIC CONDITION



Thursdays

1pm

Beginning February 4

Clayton Senior Center  
303 Dairy Road, Clayton, NC

Free of Charge!

Call 792-3628

*Living Healthy was developed by Stanford University  
and will help you or someone you know:*

- *Manage symptoms including tiredness and depression*
- *Use relaxation techniques*
- *Eat Healthy*
- *Improve your communication skills*
- *Use medicines effectively*
- *Solve Problems and set goals*
- *Increase your self-confidence*
- *Feel better and take charge!*



LIVING  
HEALTHY

Sponsored by:



To register, ask questions, or get more information call:

Rebekah Cline, RN

(919)792-3628

Community Care of Wake and Johnston Counties

Take CONTROL of your health!