

FREE VIRTUAL WORKSHOP

Chronic Disease Self-Management Program



- For adults living with a chronic condition, such as heart disease, arthritis, asthma, COPD, emphysema, anxiety, depression, or any other physical or mental condition(s)
- Family members and caregivers welcome
- 6 weekly 2 1/2 hour sessions



Join us on Zoom:
<https://bit.ly/3fsF6YE>
or by phone:
(929) 205 6099
Meeting ID: 815 4530 1161
Passcode: 019500

Learning topics include: healthy eating, problem-solving, working with health care providers, and making weekly action plans.

TUESDAYS: APRIL 20, 27 & MAY 4, 11, 18, 25
6:00 PM - 8:00 PM

CALL/TEXT TO SIGN UP
772-634-4552 | 561-440-0164
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