**Want to Take Charge of Your Health?**

***Become a Self-Manager!***



Register for the ***Help Yourself to Health*** Workshop!

This six-week workshop is part of the Chronic Disease Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered *virtually*!

Participants with chronic conditions such as high blood pressure, asthma, heart disease, and diabetes will learn new ways to take charge of their health and learn tips to manage pain, depression, and overcome physical limitations.

 making a healthy eating plan, managing blood sugar levels, balancing eating, physical activity and medications to prevent problems as well as managing diabetes-specific problems.

**Workshop Details:**

This six-week workshop meets weekly on Wednesdays via Zoom. Participants will receive a Self-Management Tool Kit in the mail at no cost.

**Dates: April 14th, 21st, 28th, May 5th, 12th, 19th**

**Time: 10am-12:30pm**

**To register, contact:**

**Lauren Jirinec**

**Health Promotion Specialist**

**(215)765-9000 ext. 5119** **Lauren.Jirinec@pcacares.org**

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