



York City Bureau of Health



Public Health
Prevent. Promote. Protect.

Living Well with Chronic Conditions

A FREE program for adults with chronic health conditions and their caregivers.

Participants will learn problem-solving and decision-making skills that enable them to  confront the ever-changing challenges of living with a chronic illness. Chronic conditions include, but are not limited to: asthma, arthritis, cancer, COPD, congestive heart failure, chronic fatigue syndrome,  diabetes, depression, emphysema, fibromyalgia, heart disease, lung disease, HIV/AIDS, multiple sclerosis, obesity, Parkinson's and stroke.

The six-session workshop is facilitated by two trained health educators from the York City Bureau of Health. The program aims to:

- Help individuals take day-to-day responsibility for their care.
- Increase skills necessary for individuals to manage their disease and work effectively with their healthcare professionals.

Participants are encouraged to bring a family member or a friend.

July - September, 2014

Session time: 1:00 - 3:30 pm

Session dates: Tuesdays, July 29 - September 2

Location: YORK YMCA BRANCH

90 North Newberry Street, York

Parking is provided in a secure lot.



Learn to Manage Your Own Health

To register, contact the York YMCA Branch: 717-843-7884 x260

For more information, access the Y website: www.yorkcoymca.org and choose the Healthy Living tab/Chronic Disease Management Program Options
Or contact the York City Bureau of Health: 717-854-5090

