



Living Well with Chronic Conditions

A FREE program for anyone with chronic health conditions. Participants are welcome to bring a family member or a friend. Chronic conditions include, but are not limited to: asthma, arthritis, cancer, COPD, congestive heart failure, chronic fatigue syndrome, diabetes, depression, emphysema, fibromyalgia, heart disease, HIV/AIDS, lung disease, multiple sclerosis, obesity, Parkinson's, stroke.

* A six-session, peer taught health education workshop for people with chronic diseases and their caregivers. It 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.

Learn to Manage Your Own Health



Patients will learn problem-solving and decision-making skills which enable them to confront the ever-changing challenges of living with a chronic illness. The course is facilitated by two leaders, one or both of whom are trained peers who themselves have a chronic condition.

**For more information and to pre-register, contact:
York City Bureau of Health at 717-854-5090**

RSVP Deadline—July 22, 2014

Schedule for July—September 2014

Every session runs from 1 PM to 3:30 PM

Tuesday, July 29

Tuesday, August 19

Tuesday, August 5

Tuesday, August 26

Tuesday, August 12

Tuesday, September 2