



FREE Healthy Living Workshop

The Delaware Chronic Disease Self-Management Program

(Anxiety, Arthritis, Asthma, Blood Pressure, COPD, Depression, Emphysema, Heart or Kidney Disease, and Other Physical or Mental Conditions)

Milton Public Library-Upstairs

121 Union St

Milton, DE 19968

When: 4/10 – 5/15/19

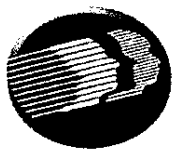
Wednesdays, from 10:30am – 1pm

(4/10, 4/17, 4/24, 5/1, 5/8 & 5/15)

More knowledge about chronic health conditions can:

- Prevent and/or delay health complications
- Deal with frustration, fatigue, pain, and isolation
- Learn about appropriate exercise to maintain and improve strength, flexibility, and endurance
- Communicate effectively with health professionals and others
- Understand the value of nutrition in your health

Sign up for free classes!



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Diabetes and Heart Disease Prevention and Control Program

Register online at HealthyDelaware.org/SelfManagement or Call Self-Management programs at 302-990-0522 or Elisia Downing 302-344-2886