



Take Charge of Your Health!

Active Living with Chronic Conditions Workshop

Participate from Home

Stay ACTIVE and do more of what YOU want to do. You'll find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health. You'll receive a self-study tool kit: *Living Healthy Life with Chronic Conditions* book, *Relaxation* CD, *Exercise* CD, Self-Test, and Tips Sheets to guide your progress.

Register NOW for Summer Workshops!

Mondays, July 20-August 24

Choose one conference call time: 10-11 am OR 11 am-12 noon

Wednesdays, July 22-August 26

Choose one conference call time: 11 am-12 noon OR 12 noon-1 pm

Mondays, October 12-November 16

Choose one conference call time: 10-11 am OR 11 am-12 noon

Call: (216) 421-1350 x184

or Email: programs@fairhillpartners.org

Dates subject to change based on enrollment • space is limited
New workshops being scheduled on an ongoing basis.



Western Reserve
Area Agency on Aging



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