

Take Control of Your Health!



Developed at Stanford University, this Chronic Disease Self-Management workshop is **fun**, **interactive** and will **empower you** to:

- Increase fitness
- Eat healthier
- Manage stress
- Manage your medications
- Problem-solve common issues in dealing with the health care system
- Utilize new tools to take charge of your symptoms
- Create a step-by-step action plan to live a healthier life

Are you, or a loved one, dealing with a chronic health concern?

Arthritis, high blood pressure, high cholesterol, chronic pain, chronic obstructive pulmonary disease (COPD), allergies, depression, anxiety, etc.

If so, this workshop is for you!

RESERVE YOUR SEAT:

Contact Kathy Smith

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or

Email: kathy.smith@ag.tamu.edu

Texas A&M AgriLife Extension
604 North Main St., Suite 200
Weatherford, TX 76086

June 11 – July 16, 2024

(Six Tuesdays)

10:00 am – 12:30 pm

ACT FAST, CLASS LIMITED TO 16 PEOPLE and will fill up quickly!



The Area Agency on Aging is a program of the North Central Texas Council of Governments.