



HEALTHLINK COMMUNITY OUTREACH

1-800-515-0044 • umuch.org

Living Well: Chronic Disease Self-Management

Arthritis, high blood pressure, asthma, diabetes, fatigue and heart disease are just some of the chronic conditions many of us live with every day. Our **FREE** six-week program is designed to motivate participants and caregivers to make changes that will improve quality of life and help better manage these conditions.

We can help you:

- Understand and manage your symptoms
- Exercise for better flexibility, strength and balance
- Communicate better with family, friends and health care professionals
- Make healthier food choices
- Plan for the future

"This workshop gives you a great outlook on your condition and you walk away feeling more confident about yourself and what you can do to make your health better."

- T.R.

Program Details

March 10 - April 14, 2020

Tuesdays 5:00 pm - 7:30 pm

Fallston Library

1461 Fallston Rd, Fallston, MD

April 29 - June 3, 2020

Wednesdays 1:00 pm - 3:30 pm

UM Upper Chesapeake Health

500 Upper Chesapeake Dr, Bel Air, MD

A program may be rescheduled if less than 10 people sign up so consider bringing a friend!

Call Healthlink at 800-515-0044 for more information and to register.

