



“LIVE WELL” WORKSHOP CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

SENIOR CONNECTIONS

6 WEEK VIRTUAL WORKSHOP

**WEDNESDAYS NOVEMBER 4TH –DECEMBER 16TH, 2020
FROM 2:00-4:00 PM**

VIRTUAL WORKSHOP

TO REGISTER: CALL 804-343-3004

LIMITED TO 12 PARTICIPANTS

This FREE workshop is designed to empower adults living with a chronic condition, as well as their family and caregivers. You will learn techniques for: dealing with chronic disease issues, appropriate exercise and nutrition, managing medication, evaluating treatments and communicating effectively with health professionals, family and friends.

TO REGISTER: CALL [KATHY BROWN] @ [804-343-3004]