



Make positive changes toward a healthier lifestyle and Improve your overall health by getting a better understanding of your illness.

If you or a loved one are experiencing:

- Diabetes
- Arthritis
- Asthma
- Heart conditions
- High blood pressure
- Emphysema
- Multiple Sclerosis

Bring your loved ones and learn more about:

- Recognizing symptoms
- Self management
- Managing disease
- Managing medicine
- Healthy eating
- Exercising

Six free workshops - 2 ¹/₂ hours each

Free materials - "Healthy Living with Chronic Disease" book and relaxation CD

Sponsored by:




RSVP
Retired & Senior Volunteer Program



For information call:
Ella Johnson 330-253-4597 ext. 168

And visit us on the web at
www.matureservices.org



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