

# LIVING WELL WITH CHRONIC DISEASES



Sick and tired of being sick and tired? Well, take charge!! Sign up for the Chronic Disease Self-Management Program which is sure to help anyone with conditions such as arthritis, diabetes, heart conditions, high blood pressure, respiratory difficulties and chronic pain conditions.

**FREE Six-Week Workshop**  
**9:30 AM - 12:00 PM**  
**ALL CLASSES ARE WEDNESDAYS**  
**June 11, 18 & 25; July 2, 9 & 16**  
**Human Services Building**  
**5274 Outer Stowe Street, Lowville**

## YOU WILL LEARN:

- *How to work with your doctor*
- *How to manage your symptoms*
- *New ways of solving problems*
- *How to set and achieve realistic goals*
- *Communication skills*
- *Relaxation techniques*

**For each session you attend,  
you will receive a North  
Country Fruits and  
Vegetables Prescription  
Program voucher for \$25  
provided by Cornell  
Cooperative Extension!**

**Snacks will be provided  
Sign up today as seating is limited!**

**FOR MORE INFORMATION  
OR TO SIGN UP**

**call Lewis County Office for the Aging  
315-376-5313**



**NY Connects**  
Your Link to Long Term  
Services and Supports