



**GREATER SPRINGFIELD
SENIOR SERVICES INC**
DIGNITY - PASSION - PURPOSE

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Living with chronic conditions like arthritis, diabetes, high blood pressure, or heart disease can be a daily challenge. Attend this 6-week workshop to learn skills such as:

- Relaxing techniques to deal with pain and fatigue.
- Better communication with family, friends and doctors.
- Manage symptoms and medications
- Creating an exercise program around your needs.
- Healthy eating to improve your condition.

**JUNE 8TH-JULY 27TH
THURSDAYS
FROM 10 AM-12:30 PM**

**OXFORD PLACE COMMUNITY
ROOM,
37 OXFORD PLACE, WEST
SPRINGFIELD MA 01089**

Masks are encouraged, but not required. Light refreshments will be served. Complete at least 5 sessions of the 6 week course to earn a gift card!

Spaces are limited, registration is required.

FOR QUESTIONS & REGISTRATION:



**MARINA KOSTENKO
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