

# MANAGE YOUR LONG-TERM CONDITIONS

## *Chronic Disease Self-Management Program*

Do you have arthritis, diabetes, depression, heart or lung disease, or another ongoing condition?

Join us to learn about managing your conditions, including:

- Decision-making skills to better deal with medication use and treatment options.
- Becoming more physically active.
- Setting goals and plans.
- Dealing with fatigue, poor sleep and difficult emotions.



Join us in

### SCIOTO COUNTY

Fridays from

August 23<sup>rd</sup> – September 27<sup>th</sup>

10:00 am – 12:30 pm

W Gordon Ryan Branch Library

103 St. Rte. 728, Lucasville

Pre-registration is required by August 16<sup>th</sup>

For more information or to sign-up, call the AAA7 at:

**1-800-582-7277 ext. 247 or 284**  
or e-mail [info@aaa7.org](mailto:info@aaa7.org)

