

Belington Wellness Center
Change the Future WV
Barbour County Senior Center
Presents:

FREE

Help Yourself

A Chronic Disease Self-Management Workshop

A Fun, Easy 6-week workshop - Join us and learn ways to feel better, and deal with the frustrations and discomforts of living with any chronic illness!

EVERYONE can benefit!

- Asthma
- Heart Disease
- Arthritis
- Diabetes
- Depression
- And any other chronic condition!

You will learn:

- Decision making and problem solving
- How to manage emotions
- How to begin an exercise program
- Skills to manage symptoms
- Communication skills
- How to improve your patient/physician partnership
- Use of community resources
- What it means to eat well
- How to maintain control of your health



(Meets once a week for 6 weeks)

June 25th – July 30st – Tuesday Mornings 9:30 am – 11 am

Location: Barbour County Senior Center
101 Church Street Philippi

FREE
Living a
Healthy Life
Book!

REGISTER NOW!

To register or for more information, contact:

Marlana Pennington
304-823-1800

