



FREE & OPEN TO THE COMMUNITY!

HEALTHY U!

Take charge of your health with this six-week chronic disease self-management class

Mondays • March 5 – April 9, 2012
1:00 – 3:30 pm • The Weils

16695 Chillicothe Road, Chagrin Falls 44023
(Just north of E. Washington Street and Rt. 306)

If you or someone you know has a chronic disease such as diabetes, heart disease, etc. join us for this informative class and learn tools you will need for a healthier you. Learn from trained leaders who understand first-hand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health and your life.

RSVP by Friday, March 2 to
Amy Altman, Outreach Coordinator for The Weils
at 440.996.0504 or aaltman@theweils.org


theweils.org

Workshop Overview

**Get the Tools You Need
to Take Charge of Your Life!**

- Chronic health conditions
- Medications & treatment decisions
- Action plans & goal setting
- Better breathing exercises
- Fitness & exercise
- Symptom cycle
- Pain, fatigue & difficult emotions
- Future plans of health care

Healthy snacks & refreshments



This class is sponsored by the West Geauga Senior Center