

# **Class Participants needed!**

*Living Well*  
FOR BETTER HEALTH

*A program of Healthy Choices for ME!*

*Chronic Disease Self-Management Program*

Do you have a chronic condition such as diabetes, high blood pressure, heart problems or support someone with a chronic condition?

Consider joining a 6 week Living Well class to learn better ways of coping with the fear, frustration, stress and pain that often accompany chronic illnesses!

**Please Join us:**

**Wednesdays from February 22<sup>nd</sup> - March 28<sup>th</sup>**  
**Time - 9 am - 11:30 am**  
**Bradley Municipal Building**

Sponsored by: Eastern Area Agency on Aging

To sign up please contact: Ann Delaware at 827-2733

Feel free to purchase the companion book for \$15.00 and CD for \$10.00 or borrow the materials for **free**.

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