



Living Well with Chronic Conditions

Take Charge! FREE Online Interactive Living Well with Chronic Conditions Workshop– a 7 week journey

Join others who also have health conditions, such as:

- Heart disease, arthritis, chronic pain, anxiety
- Vision problems, hypertension, depression, fibromyalgia, etc.
- Adults over 18 years can attend workshops

Take charge of your health:

- Set your own goals
- Make a step-by-step plan to improve your health and your life
- Participate to learn about self-management

Connect with others:

- Gain support and practical ways to deal with pain and fatigue
- Discover better nutrition and exercise choices
- Learn effective ways to talk with your doctor and family about your health condition

Living Well With Chronic Conditions- Virtual Class via Zoom

Thursday 1:00 pm to 3:30 pm

February 4 through March 18, 2021

Upon registering, program information will be sent to you via Email.

To register or for more information, please visit
HealthyWashingtonCounty.com/events; Eventbrite.com
or call Meritus Community Health at **301-790-8964**