

FREE WORKSHOP PROVIDED BY LAKE OKEECHOBEE RURAL HEALTH NETWORK



Learn about:

- Physical Activity
- Medications
- Decision-Making
- Plan Health Activities
- Breathing Techniques
- Understanding Emotions
- Problem-Solving
- Sleep
- Communicating
- Healthy Eating
- Weight Management
- Working with Health Providers

CHRONIC DISEASE SELF-MANAGEMENT

For adults and seniors living with chronic conditions.

Family and caregivers welcome too!

Weekly 2.5 hour meeting for 6-weeks, Small groups provide peer support

WHERE: FLORIDA COMMUNITY HEALTH CENTER

170 S. BARFIELD HWY SUIT 101, PAHOKEE, FL

WHEN: MONDAY'S FROM 4:00 - 6:30 PM

DATES: 7/15, 7/22, 7/29, 8/5, 8/12, 8/19



PARTICIPANTS SHOULD PLAN TO ATTEND ALL SESSIONS

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