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**Steps to Healthy Living:**

**Chronic Disease Self-Management Program**

 **Program Details**

**Don’t let an ongoing health problem rule your life. Live healthier, feel better, be in control and enjoy life!**

For more than 30 years, the Steps to Healthier Living™ Chronic Disease Self- Management Programs from Stanford Patient Education Research Center have been proven to help people with chronic health problems live healthier.

* **For adults with chronic illnesses**, age 60 or older.
* **A supportive, engaging evidence-based workshop series**, held once a week in 2½ hour sessions for 6 weeks.
* **Led by two trained leaders.**
* This is a **FREE**, fun and innovative workshop.

**Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain or anxiety can be a daily challenge.**

 **But it doesn't have to be!**



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**PROGRAM DETAILS**

**Location: Redwood Community Playhouse, Upland Park, 280 South 6th Street, Brookhaven, PA 19015 Date: (6-Week Program): Mondays, February 26th to April 2nd Time: 9:30 a.m. to 12:00 p.m. Must Register: Contact Anne Cicala at 610-891-6061.**