

It's always the
right time to
take control of
your health!



Participants will learn:

- New ways to deal with symptoms such as fatigue, pain, stress, depression and frustration
- Appropriate exercise and nutrition
- Managing medication
- Working with health care providers
- Helpful tips from other workshop participants and much more!

Live Well, Virginia!

Chronic Disease Self-Management Program Workshop

Register today!

Yes! You can take control of your health, do the things you want to do and have a better quality of life, even with a Chronic health condition. Caregivers, family members and significant others are also welcome to attend!

VMRC Wellness Center

Mondays Jan 28—Mar 4 from 1:30 - 4:00

Call VMRC to register

540-574-3850

