

Our FREE Living a Healthy Life with Chronic Conditions Program is led by a trained professional who also has a chronic condition



About Living a Healthy Life with Chronic Conditions

This program is for you if you have ongoing physical or mental health conditions, like **heart disease, anxiety, diabetes, arthritis, and others.**

Date and Time

Held Wednesdays, 1:00-3:30 pm
October 2nd to November 6th ,
Illinois Valley Senior Center
520 River St., Cave Junction, OR

Learn New Ways To:

- Manage symptoms
- Solve problems
- Handle frustration, fatigue, pain, and isolation
- Improve eating habits
- Exercise at your level
- Get better sleep
- Build a support system
- Work with your doctor