

Living a Healthy Life with Chronic Conditions

Become your own best advocate to understand your condition and the treatments that work best for you. Learn to make lifestyle changes to improve your quality of life.



WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with a chronic condition
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN TO:

- Manage Symptoms
- Incorporate Exercise
- Monitor Nutrition
- Talk with Your Doctor
- Make Informed Treatment Decisions
- Deal with Emotions
- Control Stress

***UPCOMING ONLINE
6 WEEK WORKSHOP***

ONLINE – join with computer, tablet, or smart phone

**Mondays 1:00-3:30
November 2 – December 7**

REGISTRATION IS REQUIRED

There is **NO COST** to participate
Class size is limited

To REGISTER:
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