



Living Healthy

Are you 60 or older with a health condition such as diabetes, arthritis, high blood pressure, heart disease, or chronic pain? The **Living Healthy-Chronic Disease Self-Management Program** can help you take control of your health! Classes will take place:

**Every Wednesday,
August 14th-September 18th
9:30am-12:00pm**

**Erwin Nutrition Site
110 West F Street Erwin, NC**

Living Healthy-Chronic Disease Self-Management Program is a fun, interactive workshop to help you:

- Manage pain & fatigue
- Set goals
- Choose food for health
- Increase fitness & self-confidence
- Improve communication with health care providers

Discover you can control your health & your life!

To register:
Harnett County Health Department
910-814-6196

Registration deadline: August 9, 2019

