Feel better.

Be in control.

Do the things you want to do.

To find out more about these workshops entitled "You Can! Live Well, Virginia!"

540-568-5253

VPAS
Valley Program for Aging Services

Chronic Disease Self-Management Program

601 University Blvd. Rm. 153
Harrisonburg, VA 22807
540-568-5253

Chronic Disease Self Management Workshops help you gain control over your health and improve your quality of life.
These workshops are available for older adults in the Harrisonburg/Rockingham area thanks to a joint partnership with Valley Program for Aging Services, the Central Shenandoah Health District, the Virginia Department for the Aging, and the Virginia Department of Health.

Chronic Disease Prevention
Division of Chronic Disease Prevention and Control
www.vdh.virginia.gov
You CAN

Put Life Back in Your Life

You Can! Live Well, Virginia!
Chronic Disease Self-Management Program

Put Life Back Into Your Life.
Consider a Chronic Disease Self-Management Workshop.

Are you an older adult with an ongoing health condition?

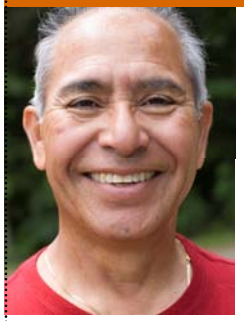
You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Chronic Disease Self-Management Workshop can help you take charge of your life.

Sign Up Now.
Spaces Are Limited.

- Join a free 2 ½-hour Chronic Disease Self-Management Program Workshop, held once each week for six weeks.
- Learn from trained volunteer leaders with health conditions themselves.
- Set your own goals and make a step-by-step plan to improve your health—and your life.

To register or get more information, please call:
540 - 568 - 5253



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."

"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."