

LIVING HEALTHY WITH A CHRONIC CONDITION



The Living Healthy with a Chronic Condition program helps you gain control over your health and improve your quality of life.

The program is **FREE** and available for anyone over the age of 18 living in Onondaga County. Consider the Living Healthy with a Chronic Condition program if you have a chronic condition such as:

- Diabetes
- Arthritis
- High blood pressure
- Heart disease
- Chronic pain
- Cancer
- Anxiety/Depression
- Asthma/COPD
- Other health conditions

The **Living Healthy with a Chronic Condition** is a six-session, peer-led health education program for people or caregivers with any type of ongoing health condition. The program complements the healthcare that the person may already be receiving. The purpose of the workshop series is to enhance one's skills and ability to manage his or her health and maintain an active and fulfilling lifestyle. Each participant receives a free book, "Living a Healthy Life with Chronic Conditions" as well as the CD, "Relaxation for the Mind and Body."

FREE SIX-WEEK WORKSHOP SERIES

DATES Thurs, Jan 27; Feb 3, 10, 17, 24; March 3, 2022

TIMES 1:15 PM- 3:45 PM

LOCATION Brighton Towers Community Room

ADDRESS 821 East Brighton Ave, Syr, NY, 13205

Registration Required: Register online: [Click Here](#)

Or call Upstate connect at (315) 464-8668



Administration for Community Living
NYS Office for the Aging
Onondaga County Office for Aging

