

# LIVING HEALTHY WITH A CHRONIC CONDITION



**This six-session program is being Video Remote Interpreted by Certified American Sign Language Interpreters.**

The Living Healthy with a Chronic Condition program helps you gain control over your health and improve your quality of life. The program is available at no cost 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

**Chronic Disease Self- Management Program 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 complimentary book, "Living a Healthy Life with Chronic Conditions" as well as the MP-3, "Relaxation for the Mind and Body."

## SIX-WEEK WORKSHOP SERIES:

DATES:

TIMES:

LOCATION:

**REGISTRATION REQUIRED: Register online: [CLICK HERE](#) or Email [livinghealthy@upstate.edu](mailto:livinghealthy@upstate.edu)**

*Feel better. Be in control. Put life back in your life.*



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

