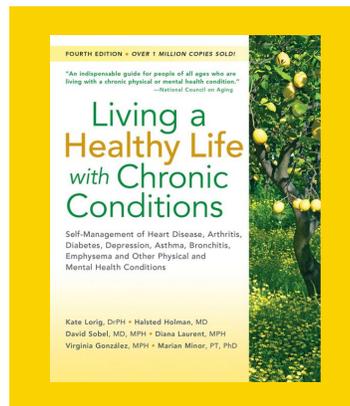


Do You or Someone You Know Live with a Chronic Disease?

Living a Healthy Life with Chronic Conditions

A PROVEN Chronic Disease Self-Management Program



Tuesdays
9 am - 11:30 am

November 3, 10, 17, 24
December 1 & 8
2020

The Rock Creek Hegewald Center
710 SW Rock Creek Drive
Stevenson, WA 98648

*THIS IS A 6-WEEK, IN-PERSON WORKSHOP.
PHASE 3 - SAFE START GUIDELINES WILL BE USED.
SPACE IS LIMITED TO 8 PARTICIPANTS.*



People who have taken this program say they are better able to manage their:

- Heart Disease
- Arthritis
- Diabetes
- Depression
- Asthma, Bronchitis & Emphysema
- Other Physical & Mental Health Conditions

Call us today to register:
(509)427-3850

Skamania County
Community Health



This workshop is offered in partnership with Skamania County Community Health, Southwest Washington Accountable Communities of Health and Washington State University Extension.

