Living a Healthy Life with Chronic Conditions
A PROVEN Chronic Disease Self-Management Program

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

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

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.