

Living Healthy with Chronic Conditions



Roy B. Culler, Jr. Senior Center
600 N. Hamilton Street, High Point, NC 27262
(336) 883-3584 • www.high-point.net/pr/srctr.cfm
High Point Parks & Recreation



Thursdays
September 23 - October 28, 2010
1:30pm - 4:00pm

This is an evidence based class that provides information on self-management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and other chronic conditions.

If you are living with one of these diseases, this class is for you.

It will provide skills and tools to live a more healthy life.

Our instructor, Connie Lawson, is a Guilford County Public Health Department Community Health Educator.

The class is free and a student workbook will be given to everyone who attends all six classes. The workbook is available for loan for those who do not attend all the classes or it can be purchased for \$25.00.

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