



COLLINWOOD: Take charge of your long lasting health concerns---and your life!

Join a No-Charge Chronic Disease Self-Management workshop and learn how to get the support you need, find practical ways to deal with pain and fatigue, set your own weekly goals, make a step-by-step plan to improve your health, discover better nutrition and exercise choices, understand new treatment choices, and discover better ways to talk to your doctor and family about your health.

SIGN UP TODAY!

Wednesdays, Aug 3-Sept 7 @1-3:30pm

Collinwood Branch Library

856 East 152nd Street, Cleveland, OH 44110

To register contact Rose Bobbitt

216-421-1350 ext. 183, programs@fairhillpartners.org



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