



# FREE WORKSHOP

## Taking Control of Your Health!

Chronic Disease Self-Management

Living with a chronic condition such as diabetes, arthritis, heart disease, pain, allergies or anxiety, etc. can be a daily challenge. But it doesn't have to be.



Make healthy food choices.



Increase physical activity and exercise safely.



Manage your symptoms and pain.



Communicate effectively with your health team.



Develop action plans to improve your health and wellbeing.

**Space is limited!**

Please register in advance.

**Be prepared to attend all sessions.**

**When:**

**April 29 through June 3, 2020**

**Six Wednesdays**

**10:00 am – 12:00 pm**

**Where:**

**Texas AgriLife  
Extension Office  
604 N. Main St.  
Weatherford, TX 76086**

**To register:**

**Phone: (817) 598-6168**

**Email:**

**[kathy.smith@ag.tamu.edu](mailto:kathy.smith@ag.tamu.edu)**

***Also great for caregivers!***



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For more information contact Laura Wolfe at the Area Agency on Aging at (800) 272-3921.