



# 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 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:

March 12 through

April 16, 2020

6 Thursdays

1:00 p.m. to 3:30 p.m.

### Where:

Gardens of Mabank  
120 Gardendale  
Mabank, TX

### To register:

Contact: Sherry McGraw

Phone: 903-887-6008

Email:

[manager@gardensofmabank.com](mailto:manager@gardensofmabank.com)

*Also great for caregivers!*



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For more information contact \_\_\_\_\_ at the Area Agency on Aging at \_\_\_\_\_.