



**GREATER SPRINGFIELD  
SENIOR SERVICES INC**  
DIGNITY - PASSION - PURPOSE

# CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Living with chronic conditions like arthritis, diabetes, high blood pressure, or heart disease can be a daily challenge. Attend this 6-week workshop to learn skills such as:

- Relaxing techniques to deal with pain and fatigue.
- Better communication with family, friends and doctors.
- Manage symptoms and medications
- Creating an exercise program around your needs.
- Healthy eating to improve your condition.

**JUNE 8TH-JULY 27TH  
THURSDAYS  
FROM 10 AM-12:30 PM**

**OXFORD PLACE COMMUNITY  
ROOM,  
37 OXFORD PLACE, WEST  
SPRINGFIELD MA 01089**

Masks are encouraged, but not required. Light refreshments will be served. Complete at least 5 sessions of the 6 week course to earn a gift card!

Spaces are limited, registration is required.

## FOR QUESTIONS & REGISTRATION:



**MARINA KOSTENKO**

**413-781-8800 EXT 1162**



**LENORA JOHNSON**

**413-781-8800 EXT 1385**