

# Chronic Disease WORKSHOP

## PERSONAL ACTION TOWARD HEALTH

**FREE CLASS:** July 13 through August 17, 2017

Where: St. Mary's Center of HOPE, 723 Emerson St, Saginaw

When: 6-week program: Thursdays from 1:30 pm - 3:30 pm

*Chronic Disease PATH is a workshop for adults with any chronic disease (ie: High Blood Pressure, Diabetes, Asthma Heart Disease...), their family, friends and caregivers.*



### Join us and learn

Techniques to deal with the symptoms of Chronic Disease

Healthy eating habits

Proper use of medications

Appropriate exercise for strength and endurance

How to work more effectively with health-care providers

How to make an action plan, brainstorm and problem solve

*Healthy snacks and drinks provided! Receive Certification of Completion.*

*Believe*  
IN BETTER



ST. MARY'S  
OF MICHIGAN

**Seating is limited. Call now to reserve your spot: (989) 907-7603**