



ACTIVE LIVING WITH CHRONIC CONDITIONS
begins the week of
APRIL 19-MAY 24

Do you have an ongoing health condition, such as arthritis, diabetes, high blood pressure, stroke, asthma, heart disease, chronic pain, cancer, depression or any other condition that affects your daily life?

NO COMPUTER NEEDED

At home participation includes a weekly call from a trained coach:

This “do at home at your own pace” program will help you learn:

- New ways to solve problems
- How to manage your symptoms
- How to set and achieve goals
- How to work with your doctor

For more information or to register: Contact Amy Gold at
412-697-3528 or agold@jccpgh.org

AgeW

