



## ACTIVE LIVING WITH CHRONIC CONDITIONS

begins the week of  
**MAY 9<sup>th</sup> - JUNE 13<sup>th</sup>**

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](mailto:agold@jccpgh.org)

**AgeWell**  
Pittsburgh

