

Living Well Rhode Island

Free Chronic Disease Self-Management Workshop

Six week workshop for people living with chronic conditions including, but not limited to Asthma, Arthritis, Cancer, COPD, Chronic Pain, Diabetes, and Heart Disease.

Where: **Forand Housing, 30 Washington Street in Central Falls**

When: **Fridays from 12:30-3pm: June 21, June 28, July 5, July 12, July 19 and July 26**

Contact: **Register with Aimee Tortolano at 401-727-9090 x121**

Classes are fun and interactive. We invite you to take charge of your health and life by signing up. Participants will receive a \$25 gift card, a certificate of completion, a relaxation CD and workbook.

Attend a Living Well Rhode Island workshop and learn to:

- communicate with your family and doctors
- set goals to improve health and lifestyle
- manage symptoms and medications
- work with a healthcare team
- problem-solve effectively
- handle difficult emotions
- exercise safely
- eat well
- relax

Sponsored by:

eliminating racism
empowering women
ywca
rhode island

State of Rhode Island Department of Human Services
Division of Elderly Affairs



Living Well Rhode Island

Free Chronic Disease Self-Management Workshop

Six week workshop for people living with chronic conditions including, but not limited to Asthma, Arthritis, Cancer, COPD, Chronic Pain, Diabetes, and Heart Disease.

Where: **Forand Housing, 30 Washington Street in Central Falls**

When: **Fridays from 12:30-3pm: June 21, June 28, July 5, July 12, July 19 and July 26**

Contact: **Register with Aimee Tortolano at 401-727-9090 x121**

Classes are fun and interactive. We invite you to take charge of your health and life by signing up. Participants will receive a \$25 gift card, a certificate of completion, a relaxation CD and workbook.

Attend a Living Well Rhode Island workshop and learn to:

- communicate with your family and doctors
- set goals to improve health and lifestyle
- manage symptoms and medications
- work with a healthcare team
- problem-solve effectively
- handle difficult emotions
- exercise safely
- eat well
- relax

Sponsored by:

eliminating racism
empowering women
ywca
rhode island

State of Rhode Island Department of Human Services
Division of Elderly Affairs

