



Healthier Living



Managing Ongoing Health Conditions



The workshop is a vital resource for practical tips, suggestions, and strategies to build confidence in managing chronic illness and its symptoms.

Topics include the following:



How to develop individualized approaches to management of one or multiple chronic conditions



How to deal with frustration, fatigue, pain, isolation, disability, shortness of breath, and depression



How to communicate more effectively with family, friends, and health professionals

And many more...

Call us to find out how we can help you attend this class.

Enroll Today!

518-358-2963

Classes are held at the
Tsi Tetewatkins Senior Center

Every Wednesday

10:00 a.m. to 12:30 p.m.

April 5 to May 10

(six weeks)

Open to Akwesashró:non age 60 & over

Call us to find out how we can help you attend this class.

Lunch will be provided.



Funding provided by NYSOFA and OAA Title III D and Title III C-1

This is a Chronic Disease Self-Management Program

