

Chronic Disease Self-Management Workshop

Smethport Senior Center

119 West Main St. Smethport PA 16749

October 1, 2021-November 5, 2021

6 week Workshop

Friday's 9:30am-12:00pm

This workshop will provide you with a Living a Healthy Life with Chronic Conditions book as well as the tools you can use to Self-Manage your chronic disease. We will cover many Physical and Mental Health Conditions.

For more information or to sign-up for the Workshop

Call Anna @ 814-776-0416 or email akreckel@ohsaging.com

Or Jill @ 814-887-5630 or email jsimms-yingling@ohsaging.com

Workshop is provided by PDA Health and Wellness and in

Cooperation with the Office of Human Services, Inc.

Area Agency on Aging

Class space is limited sign-up now

