



Virtual Steps to Healthy Living: Chronic Disease Self-Management

Don't let an ongoing health problem rule your life. Live healthier, feel better, be in control and enjoy life!

For more than 30 years, the Steps to Healthier Living™ Chronic Disease Self-Management Programs from Stanford Patient Education Research Center have been proven to help people with chronic health problems live healthier.

Program Details

- **For adults with chronic illnesses**, age 60 or older.
- **A supportive, engaging evidence-based workshop series**, held once a week in 2½ hour sessions for 6 weeks.
- **Led by two trained leaders.**
- This is a **FREE**, fun and innovative workshop. **Receive a *Living a Healthy Life with Chronic Conditions* Book.**

Living with a chronic condition such as diabetes, arthritis, high blood pressure, heart disease, pain or anxiety can be a daily challenge. But it doesn't have to be!



Delaware County Office of Services for the Aging

PROGRAM DETAILS:

Date: (6-Week Program): Tuesdays – February 3rd through March 10th from 10:00 a.m. to 12:30 p.m.

Register: **Space is Limited – Contact Ellen Williams at williamse@co.delaware.pa.us or call 610-499-1937**