

# Chronic Disease Self-Management Program

Join the Franklin County Area Agency on Aging for Chronic Disease Self Management Program, a **FREE** evidence-based, six-week program offered one day a week for 2.5 hours each session. Through mutual support and success, participants of this program will build confidence in their ability to manage their health and maintain active and fulfilling lives.

## Program Topics:

- Managing symptoms
- Working with your healthcare team
- Setting weekly goals
- Effective problem solving
- How to relax and handle difficult emotions
- Tips for eating well and increasing physical activity
- Techniques to help manage fatigue and pain
- Effective communication
- Getting a good night's sleep

**Every Monday from 1:30 pm - 4 pm  
March 30 through May 4**

**Tuscarora Senior Activity Center  
11300 Fort Loudon Road, Mercersburg**

Space is limited.

For more information or to register,  
call (717) 328-4744

