

Living Well with **CHRONIC CONDITIONS**

Learn what YOU can DO to MANAGE your health



Chronic Disease Self-Management Program

a Self-Management Resource Program



This 6-week class series is designed to help you live better with ongoing health conditions. Learn practical skills to manage symptoms, boost energy, and stay active and independent. Our trained facilitators help empower you to set goals, solve problems, and take control of your well-being.

Topics Covered Include:

- Techniques to manage pain, fatigue, and stress
- Healthy eating and physical activity
- medication use and treatment decisions
- effective communication with friends, family, and healthcare providers
- Goal setting and action planning
- Decision-making and problem solving skills

For people aged 60 & up

CLASS DETAILS:

Palm Harbor Parks and Recreations
1500 16th St. Palm Harbor, FL 34683
Mondays
October 12–November 16, 2026
1:00pm–3:30pm

How do I sign up?

 Visit Us: 1500 16th St.
Palm Harbor, FL 34683

 Call Us: 727-771-6000

 Register Online:
www.phparksandrec.org

Please note classes are limited to 8–14 participants over the age of 60 and subject to cancellation or postponement if the 8-participant minimum is not met on the first day of class.



For additional information, please contact:
Area Agency on Aging of Pasco-Pinellas' Health and Wellness
Program at 727-570-9696 ext.163 or email
healthandwellness@aaapp.org

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