



TAKE CONTROL of Your Health in Just 6 Weeks!

Hosted by the Gaston County Senior Center
& NC Cooperative Extension
1303 Dallas-Cherryville Highway, Dallas, NC



Free!

July 27 through August 31, 2009
Six Consecutive Mondays held at the
Gaston County Senior Center
9:00 am to 11:30 am
Registration required

If you are dealing with a chronic disease and want to better manage your healthcare, then this six week course developed by Stanford University is for you. Anyone who lives with ongoing health conditions such as diabetes, arthritis, heart and breathing problems should join this **FREE** class to learn how to design your own self-management program.

Learn To:

- ⌚ Increase endurance, strength, and flexibility
- ⌚ Use medication effectively
- ⌚ Manage symptoms such as pain, fatigue and depression
- ⌚ Improve your communication skills
- ⌚ Eat well to live well
- ⌚ Solve problems and set goals
- ⌚ Increase your self-confidence
- ⌚ Handle stress and relax

This program made possible by a grant from NC DAAS. For more information please contact Linda Miller, Chronic Disease Self-Management Regional Coordinator, Centralina Area Agency on Aging 704-348-2712 or lmiller@centralina.org

For accommodations for persons with disabilities, contact 704-922-2170 no later than 5 business days before event.



Living Healthy : Gaston Senior Center REGISTRATION FORM

Please register by Wednesday, July 23, 2009!

Name: _____

Phone: _____

Address: _____

E-mail: _____

Return form to:
Gaston County Senior, Attn: Living Healthy
PO Box 1578 Dallas, NC 28053
OR Call : 704-922-2170 Email: linda_minges@ncsu.edu

