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Live Well, Virginia! Chronic Disease Self-Management Workshop

Date and Time

Weekly on Friday at 2:00pm until Sunday 5/13/2018

Event URL

<https://www.loaa.org>

Event Region

Roanoke Valley

Event Type

Class - Workshop

RSVP Info

540-761-9046

Event Cost

\$0.00

Event Description

Live Well, Virginia ! Chronic Disease Self-Management Workshop. During this FREE six-week program you will learn a variety of self-management skills to help you maintain and/or increase your daily activities or provide better care for your loved one with chronic health conditions such as high blood pressure, diabetes, arthritis, COPD, depression/anxiety, fibromyalgia, MS, Asthma or heart disease. Six week workshop begins April 6 and ends May 11, 2018, Class is on Fridays from 2 - 4:30pm at The Hermitage. Enrollment is limited to 18. Register today by contacting Ann Hodges, Program Coordinator, at 540-761-9046 or email cdsme@loaa.org

Event Image or Sponsor Logo

Image

*Live Well,
Virginia!*

