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## **Healthy Living - Chronic Disease Self Management**

Date and Time

Weekly on Tuesday at 1:00pm for 2 times

Event Region

Richmond Area

Event Type

Class

RSVP Info

Susan Weeks RN, PHN Sr. Powhatan County Health Department 804-598-5680, ext 2605

Event Cost

\$0.00

Event Description

Powhatan County Health Department offers Chronic Disease Self-Management classes (Living with an ongoing health problem). 6 interactive sessions as we learn how to live our best with ongoing health issues. Class meets from 1pm until 3:30pm once a week for 6 weeks. The first class will be June 21, 2017. Together we will learn how to take action, make decisions, and break that symptom cycle. We will encourage one another while we learn to take control and stop letting our health issues control us. Pre-registration is appreciated. Registration is available until end of June. call 804-598-56880, ext 2605 for more information or to register.