

Chronic Disease Self-Management Workshop

If you have an ongoing health condition like diabetes, depression, heart disease, arthritis, chronic pain, anxiety or you are caring for someone with an ongoing health condition this workshop is for YOU!

FREE

EVERYONE WELCOME

Oconee County Senior Center

Wednesdays, April 24th - June 5th

(6 WEEKS)

1:15 pm

***BOOK AND CD PROVIDED**

Workshop held @

Oconee County Senior Center Community Room

3500 B Hog Mountain Rd.

Watkinsville, GA 30677

(located inside Oconee Veterans Park off Hwy. 53)

****To register stop in or call 706-769-3979**