



CLEARFIELD COUNTY AREA AGENCY ON AGING, INC

HEALTH & WELLNESS CLASSES

Chronic Disease Self-Management Classes FREE CLASSES

Dates: Wednesdays - May 26 - June 30, 2021

Time: 10:00 AM - 12:30 AM

Place: Susquehanna Wellness Clinic

28944 Frenchville Karthaus Highway

Frenchville, PA 16836

Phone (814) 765-2696

SUBJECTS COVERED IN CLASS:

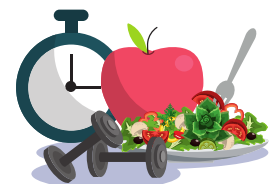
- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Nutrition
- Decision making
- How to evaluate new treatments



**THIS IS A SIX SESSION SERIES. PLEASE PLAN ON
ATTENDING EVERY SESSION TO GET THE FULL
BENEFIT OF THE COURSE.**



CLASS SIZE IS LIMITED



**FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL THE
CLEARFIELD COUNTY AREA AGENCY ON AGING AT (814) 765-2696
AND ASK FOR BRITTANY OR LAURA**