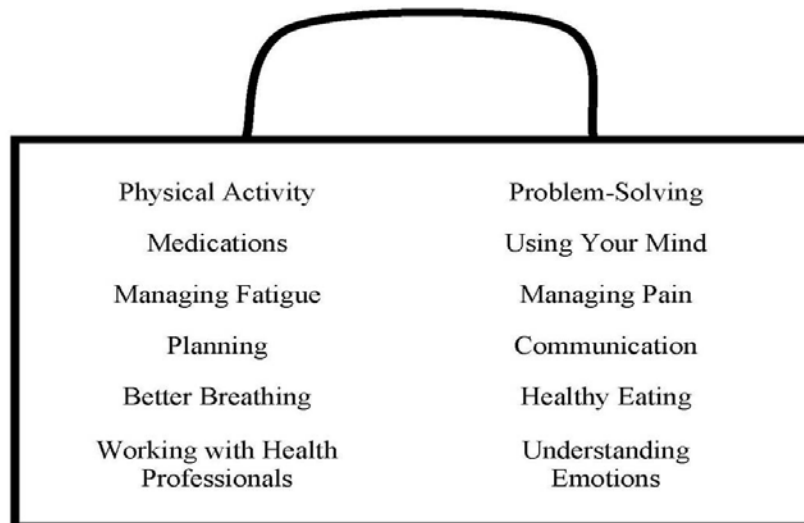


Coming soon to Hawthorne Ridge  
**Asks...**

What's in your Self-Management Toolbox?



A program for older adults aged 60+ & their caregivers

To register, contact:  
Jan Peters  
279-5330

Are you living with a chronic condition like arthritis, heart disease, diabetes, or asthma, or caring for someone with an ongoing health concerns?

Come join us for Six Living Healthy\* workshops & learn proven techniques in self-management of chronic health conditions!

Where: Hawthorne Ridge, 30 Community Way, East Greenbush  
When: 9:30-12pm; Oct 15, 22 & 29; Nov 5, 12 & 19

*\*Living Healthy is the local implementation of the Chronic Disease Self Management Program developed by Stanford Patient Education Research Center. For more information please go to: <http://patienteducation.stanford.edu/programs/cdsmp.htm>*