



..Living a Healthy Life *with* Chronic Conditions..

Save the date and enroll today!

The Chronic Disease Self-Management class is an evidence based, 6 weeks program offered by Herkimer County HealthNet.

This program helps adults of all ages living with a chronic disease and also individuals caring for someone with a chronic disease. Chronic disease conditions include diabetes, heart disease, arthritis, chronic lung disease, asthma, fibromyalgia and other long term health conditions.

Classes will start on Monday, July 11th and continue to meet every Monday for six weeks from 2:30-5pm at the Herkimer County Chamber of Commerce, 420 E. German St. Herkimer.

Don't delay, contact Elyse Enea today at 315-867-1552 or email eneea@herkimercounty.org.

