

Take Charge of Your Health!

Chronic Disease Self-Management *ONLINE*
from the comfort of your home

November 10–December 15, 2020

Tuesdays, 10 am-12:30 pm

SIGN UP TODAY!

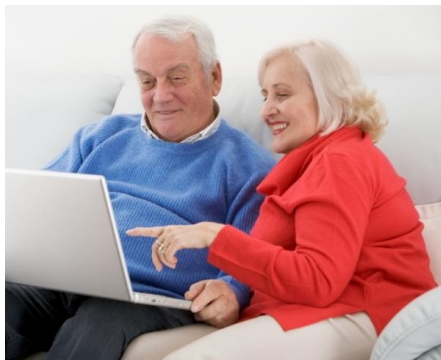
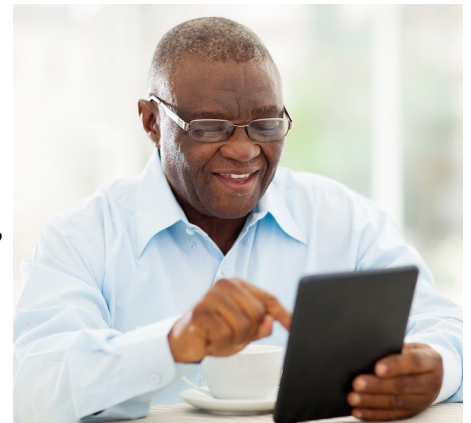
Call: 216-421-1350 ext 182

Email: programs@fairhillpartners.org



Introducing NEW Online workshops, proven to get results. Sign up today and get more out of life!

Participate in weekly online sessions from the comfort of your home, with trained leaders and a small group of fellow participants. Participants need a Computer, Laptop, Tablet, or phone with camera, connected to the Internet. Fairhill Partners will provide instructions & help signing in to the Zoom meeting.



Stay **ACTIVE** and do more of what **YOU** want to do. You'll find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health. You'll receive a *Living Healthy Life* book and *Relaxation* CD.

Space is limited • Dates subject to change based on enrollment



Programs developed by Stanford University and licensed by the Self-Management Resource Center. Fairhill Partners is a 501(c)3 nonprofit. Programs are made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency on Aging, Cleveland Foundation Encore Cleveland Initiative, volunteers & gifts to the Fairhill Partners Annual Fund.



Take Charge of Your Health! **ONLINE** Chronic Disease Self-Management **Participate from Home**

Stay ACTIVE and do more of what YOU want to do. You'll find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health. Participants receive: *Living Healthy Life with Chronic Conditions* book and *Relaxation* CD. **NOTE:** Participants need a Computer, Laptop, Tablet, or Phone with camera, connected to the Internet. Fairhill Partners will provide instructions & help signing in to the Zoom meeting.



Register NOW!

November 10—December 15, 2020
Tuesdays, 10 am-12:30 pm

Call: 216-421-1350 ext 182

Email: programs@fairhillpartners.org

Space is limited — Dates subject to change based on enrollment



Western Reserve
Area Agency on Aging

Chronic Disease Self-Management was developed by Stanford University and is licensed by the Self-Management Resource Center. Fairhill Partners is a 501(c)3 nonprofit. Programs are made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, Cleveland Foundation Encore Cleveland Initiative, volunteers & gifts to the Fairhill Partners Annual Fund.