



BETTER CHOICES, BETTER HEALTH

In-Person Workshop

Starting Friday April 25th at 12:30pm

Attend a **FREE** six-week workshop at Turtle Creek Senior Center that provides tools for living well with Chronic Conditions!

Do you have an ongoing health condition, such as arthritis, diabetes, high blood pressure, stroke, asthma, heart disease, chronic pain, cancer, depression or any other condition that affects your daily life?

This program will help you learn:

- New ways to solve problems
- How to manage your symptoms
- How to set and achieve goals
- How to work with your doctor

For more information or to register, contact Jodi Trovato at 412-824-6880

Turtle Creek Senior Center
519 Penn Ave
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