

# **LIVING HEALTHY WORKSHOPS: CHRONIC DISEASE SELF MANAGEMENT**



Join us for 6 weeks on Fridays beginning August 11-September 15 from 9:30 AM –12 noon at the Amherst Center for Senior Services.

This is for someone who has a chronic condition or is caring for someone who does. Learn new skills which enable you to confront challenges of living with a chronic disease. Presented by Erie County Department of Senior Services.

**To register call Erie County Senior Services  
at 858-8526.**