



Living Life Well:

Chronic Disease Self-Management Program

Learn to stop the symptom cycle!

For those with a chronic illness:
Develop an individual action plan to keep your chronic disease from hindering a happy and healthy lifestyle.
Tools discussed include exercise, nutrition, communication, appropriate medication use and informed decision-making.
Are you a caregiver of someone with a chronic illness?
You are welcome to come and learn as well!

6 FREE Sessions Starting
Tuesday, Oct. 20th
9:00 am - 11:30 am



Big Sky Senior Living
Mountain View Room

3701 Elizabeth Warren Avenue

Hurry space is limited!!!

To register call Jodi Henderson at the
Butte-Silver Bow Health Department
497-5008

