



Wellness Tip of the Week

with the Area Agency on Aging District 7

Chronic Disease Self-Management

Chronic conditions are those that last longer, can change over time, usually do not have a cure, and are conditions we live with day-to-day. These are conditions such as arthritis, diabetes and heart disease, to name a few. Our Chronic Disease Self-Management Program can help you learn valuable tools and ideas to help manage your condition. For more information about registering for an upcoming telephone class, call 1-800-582-7277, ext. 247 or e-mail info@aaa7.org.