

FREE 6 WEEK HEALTH PROGRAM HARVEST HEALTH

The Chronic Disease Self-Management Program
This a program for anyone 60+ and Care Givers



You Can Improve Your Health and Be More Energized!
“My Doctor even noticed a difference in my overall health and told me whatever you are doing, keep doing it.”

For information or to
register contact:

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or e-mail:

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CLASSES HELD

TUESDAYS

September 19, 2017-
October 24, 2017

TIME

9:00 am - 11:30 am

- ❖ Learn to make wise food choices
- ❖ Establish a regular exercise program
- ❖ Learn to relax and unwind
- ❖ Improve communication with your doctor
- ❖ Understand how to manage fatigue, depression and fear

FREE TEXTBOOK AND RELAXATION CD

This program is made possible by funding from the Philadelphia Corporation for Aging through funds received from Pennsylvania Department of Aging.

