



## “LIVING A HEALTHY LIFE” CLASS TO MANAGE CHRONIC DISEASE AND PAIN

Just a friendly reminder Prairie Family Center, will be offering “Living a Healthy Life” with Chronic Disease – Self Management Classes.

These classes are offered free of charge to adults in the Burlington and the surrounding areas.

These classes will help you manage any kind of Chronic Disease that you have to deal with in your daily life. From depression, insomnia, copd, heart disease, lung disease and cancer and ect. Or if anyone very close to you that has a chronic disease, this class will help you and the family understand and help with those chronic illnesses. Diseases like asthma, copd, chronic fatigue, depression, fibromyalgia, heart disease, insomnia, weight loss and cancer.

These classes can be held at any church, community center, school or meeting room. These classes are free of charge. We only ask that those who sign-up are committed to attend all classes, so that you get the full benefit from each and every class.

Classes meet for 6 – weeks once a week, you can choose the best time of the day. Books, CD’S and other materials are included. Please feel free to call and register for these classes or for more information call:

Prairie Family Center @ 719-346-5398

Ask for Sue Hamilton or visit with Debby Carson to find out information on the class and class start date.

(Classes will be scheduled later).

Let us help you be in control and feel better!