

CHRONIC DISEASE SELF-MANAGEMENT

The program teaches people with chronic illness a healthy way to deal with the disease through interactive workshops which are held once a week for 6 consecutive weeks for 2.5 hours. Individuals will learn how to deal with problems and difficult emotions caused by your chronic health condition, by utilizing self-management skills, setting weekly action plans, and problem solving techniques. Topics discussed are: Creating your own exercise and nutrition plan; medication usage; better breathing; communication; depression; relaxation; and positive thinking.

WEDNESDAYS

2:30 PM - 5:00 PM

October 7 - November 18, 2026

***No class Wednesday, November 11**

**The John Trudel Community
Center at Dan Witt Park
4521 NE 22nd Avenue
Lighthouse Point, FL, 33064**

Registration:
lhp.recdesk.com

**Improves
strength and
flexibility**



**Shown to
decrease pain
and falls**



**Improves
movement and
balance**



Area Agency on Aging
of Broward County



Elder  **Affairs**
FLORIDA