

# Make a Positive Change Today!

Are you living with a chronic health problem like Diabetes, High blood pressure, Heart disease, COPD, Asthma, or Arthritis? Learn about a ways to manage your health at a Living Healthy with Chronic Disease workshop series.

## Sign up now for a FREE Workshop Series

Date	Time	Location
Starts <b>January 22<sup>nd</sup></b> and continues every Thursday through February 26th, 2015	10:00am – 12:00pm	HANDS Clinic 3855 S. US 1, Fort Pierce

**Space is Limited! Call (772) 785-6184 to reserve your spot.**

### Living Healthy with Chronic Disease Workshops cover:

Living a healthier life, talking with family, friends, and doctors about your condition, and managing health problems in a positive way

**Who should attend?** Adults with a chronic disease & family, friends, and caregivers

**How does it work?** Meet once a week for 6 weeks, Participants get a free “Living a Healthy Life” book and relaxation CD

**How much does it cost?** \$0



CDSMP was developed by the Stanford University School of Medicine  
CDSMP courses are provided by the Florida Department of Health in St. Lucie County  
To reserve your spot call Donna Harris at (772) 785-6184 or [donna.harris@flhealth.gov](mailto:donna.harris@flhealth.gov)

