

MONTANA: LIVING LIFE WELL

Chronic Disease Self- Management Program

LEARN HOW TO MANAGE AND IMPROVE YOUR OWN HEALTH

**Weekly sessions for 6 weeks
starting October 24th, 2017**

1:00 – 3:00 PM

**Roosevelt Co Conference Rm
(Across from the Health Dept)**

For more info or to sign up call

Daniels County Health Dept

(406) 487-5560

Anyone with a chronic condition, your family members and/or caregivers.

THIS WORKSHOP IS FOR YOU

Some examples include

Diabetes

Arthritis

Asthma

Cancer

High Blood Pressure

Depression

Heart Disease

Chronic Pain

Mental Illness

Anxiety

Multiple Sclerosis

