



Living a Healthy Life with Chronic Conditions

Living with a chronic condition such as diabetes, arthritis, heart disease, pain or anxiety can be a daily challenge. But it doesn't have to be. Sign up today!

Attend a **FREE 6-week workshop** and discover how to:



Make healthy food choices.



Increase physical activity and exercise safely.



Cope with pain and fatigue.



Communicate effectively with your health team.



Develop action plans to improve your health and wellbeing.

This course is also great for caregivers!

When:

9:30 am to 12 pm

Fridays

Oct. 27, 2023 – Dec. 8, 2023

Where:

Platte County Health Dept.

7925 NW 110th St

Kansas City, MO 64153

To register:

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Or register online using link or scanning QR code:

<https://forms.office.com/r/9xQ2RJB5g>



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