



Living Well with **Chronic Conditions**



80% of adults have a chronic condition such as hypertension, arthritis, lung disease, diabetes, depression or anxiety.

Managing your chronic condition can improve your health and quality of life.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plans.

Topics include nutrition, exercise, medication use, pain management, emotions and communicating with medical providers.

For information or to register, contact:

Judy at 218-773-0821

**May 22 & 29
June 5, 12, 19, 26
1:00 – 3:30**

**East Grand Forks
Senior Center
538 Rhinehart Dr. SE**

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

yourjuniper.org

Toll Free 1.855.215.2174

**Classes are Free
All materials will be provided.
All ages Welcome**

This program is sponsored, in part, under the Federal Older Americans Act through a contract from a Minnesota regional Area Agency on Aging under an Area Plan approved by the MN Board on Aging.