

Free 6 week Health Program

HARVEST HEALTH

The Chronic Disease Self Management Program

You Can Improve Your Health and Be More Energized !



Join the Chronic Disease Self-Management Classes

- Learn to make wise food choices
- Establish a regular exercise program
- Learn to relax and unwind
- Improve communication with your doctor
- Learn to use your medication appropriately
- Understand how to manage your fatigue, depression & fear

* FREE TEXTBOOK – Living a Healthy Life with Chronic Conditions

* FREE RELAXATION CD – A Time for Healing

Register now for 6 Free classes

Thursdays, January 12th – February 16th, 2012
or

Wednesdays, February 22nd – March 28th, 2012

All classes held from 9:00am to 11:30am

For information or to register please contact:

Delores Palmer 215-848-7722 ext. 305

or

Marie Marthol 215-848-7722 ext. 304

"I learned a great deal from the Chronic Disease Self Management classes. We covered a lot of important subject matters that I have applied to my life such as; making an action plan, fitness/exercise, nutrition, communication, medications, and working with my doctor. My Doctor even noticed a difference in my overall health and told me what ever you are doing, keep on doing it. Thanks to the Harvest Health Program."

-- Testimony from a Harvest Health Participant

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