

# Living a Healthy Life with Chronic Conditions



The Lancaster County Office of Aging is offering a FREE six week educational workshop for older adults 55+ that live with ongoing chronic conditions such as Arthritis, Diabetes, High Blood Pressure, Anxiety, and Heart Disease. The interactive workshop will cover a new topic each week and provides opportunities for interaction and group problem solving.

Bright Side Opportunities Center  
515 Hershey Ave, Lancaster  
April 3 to May 8, 2018  
Tuesday's 1:00pm-3:30pm



Register by March 27, 2018. Call Lancaster County Office of Aging 717-299-7979