



Ke Ola Pono

Living Well

TAKE CONTROL OF YOUR LIFE



Chronic Disease Self Management Program

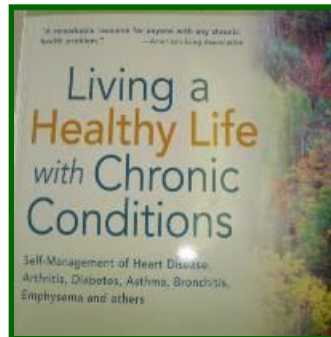
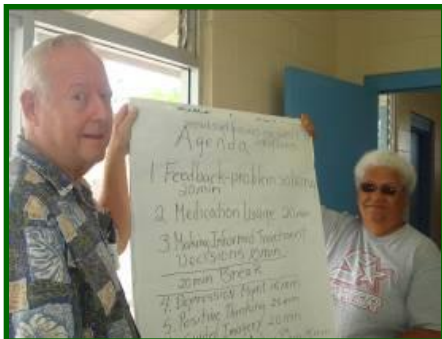


Conducted by Maui County Office on Aging

Tuesdays, Feb 9, 16, 23 March 2, 9, 16
Lahaina Senior Center
10:00 a.m. – 12:30 p.m.

If you or a loved one have a chronic condition, such as heart disease, high blood pressure, chronic pain, depression you may want to attend this workshop to gain important tools needed for a healthier life.

Call Robin to register for the class, or for more information 281-0094



To Register for classes, call the Maui County Office on Aging TODAY! 281-0094

Sponsored by:



State of Hawaii Executive Office on Aging

