



Steps to Healthy Living: Chronic Disease Self Management Program

Don't let an ongoing health problem rule your life. Live healthier, feel better, be in control and enjoy life!

For more than 30 years, the Steps to Healthier Living™ Chronic Disease Self-Management Programs from Stanford Patient Education Research Center have been proven to help people with chronic health problems live healthier.

Program Details

- For adults with chronic illnesses (age 60 or older).
- A supportive, engaging, evidence-based workshop series, held once a week in 2½ hour sessions for six weeks.
- Led by two trained leaders.
- This is a **FREE**, fun and innovative workshop.

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



 County of Delaware Services for the Aging

Location: Ridley YMCA, 900 South Avenue, Secane, PA 19018

Date: (Six Week Program): Fridays, April 27 to June 1

Time: 9:30am-12pm

Register at the Ridley YMCA Front Desk or call 610.544.1080.