



Learn how to live well with chronic illness

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Clackamas County Social Services is offering a six-week series on the topic of living well with chronic health conditions.

The series is free of charge.

Individual session topics include becoming an active self-manager, communicating, finding resources, exercising tips for people with specific chronic illnesses and understanding common symptoms.

The six weeks of classes will be offered in April and May at the Hoodland Senior Center in Welches; in May and June at the Pioneer Senior Center in Oregon City; in June and July at the Sandy Senior Center; in August, September and October at the Lake Oswego Adult Community Center.

For more information, call 503-655-8640 Monday through Thursday from 7 a.m. to 6 p.m.

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