



Take Charge of Your Health!

Are you or someone you know living with an ongoing health condition? Take control of your health with a 6 week chronic disease self-management workshop. This class is available to anyone aged 60 and over.



Join us September 16th through October 21st!

Participants will take part in weekly 45–60 minute phone calls designed to guide, support, and encourage learning.

A mailed toolkit is included with registration, featuring a self-assessment, relaxation CD, and the full class curriculum.

Register by September 9th to reserve your spot!

To learn more and register:

Call Northwoods Caregivers: (218)-333-8264

Your facilitator will be Jenn Cole or Earlene Buffalo
depending on county of residence

