

Take control of your health with our

Chronic Disease Self-Management Program

- Learn how nutrition, movement and reducing stress can impact the way you feel
- Create your own unique action plan to help manage your condition

Tuesdays, Sept. 8 - Oct. 13 | 5-7p.m. with light meal
Six Weeks | Ske:g Himdag Ki: Senior Room

Must attend 4 of the 6 sessions to complete the program. Those who do are entered to win a prize and receive a delicious program-end meal.

Who is Eligible?

Community seniors 55+, adults with physical and adaptive needs, caregivers and those with chronic conditions.

Only 20 spots. Sign up by Sept. 2!

Register through your assigned social worker or at

480.362.6914

SENIOR SERVICES

SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY