



# Living Well with a Chronic Condition

A six-week, **evidence-based class** for people coping with arthritis, heart disease, COPD, diabetes, or other chronic diseases.



berks**encore**

**Tuesdays**  
**February 20 - March 27**  
**1 - 3:30 PM**

**Location:**  
Heritage of Green Hills  
Tranquility Lane  
Reading, PA 19607

Program is **FREE**, but registration is required.  
For more information or to register, call Kathy Roberts at  
610-374-3195, ext. 230.