



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**

Mondays
October 16 - November 20
5:45 to 8:15 p.m.

Location:
Berkshire Commons
5485 Perkiomen Ave

FREE, but requires registration.
Call 610-374-3195 x224 or email MSitler@BerksEncore.org