

# Living Healthier with Chronic Conditions

*Register now and learn to manage your own health*

## Workshop Features:

The workshop enhances specific chronic condition patient education programs by offering a variety of skills and coping techniques that are designed to fit the needs of the participants.

The workshop assists individuals living with a variety of chronic conditions, including but not limited to the following:

Asthma	Emphysema
Arthritis	Fibromyalgia
Cancer	Heart Disease
Cardiac Rehabilitation	HIV/AIDS
Chronic Fatigue Syndrome	Lung Disease
COPD	Multiple Sclerosis
Congestive Heart Failure	Obesity
Depression	Parkinson
Diabetes	Stroke

## Sponsors:

### **African Americans Reach and Teach Health (AARTH) Ministry**

7728 Rainier Avenue South

Seattle, WA 98118

206-850-2070; [aarthministry@aarth.org](mailto:aarthministry@aarth.org); [www.aarth.org](http://www.aarth.org)

### **Leon Sullivan Health Care Center**

2611 S. Dearborn Street

Seattle, WA 98144 ~ (206) 325-6700 ~ [www.LeonSullivan.org](http://www.LeonSullivan.org)

**This workshop is offered at no cost by  
AFRICAN AMERICANS REACH & TEACH HEALTH MINISTRY**

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