



Reclaim Your Life

This six-week course is designed to give you the skills you need to take control of your chronic disease.

If you want to live life to the fullest, sign up for this **free** Chronic Disease Self-Management course.

This is an interactive, group education program that will meet for 2 hours every Wednesday for six weeks.

Presbyterian Towers
1824 Presbyterian Dr SW
Decatur, Alabama

Begins Febuary 27

To register for class call Stephanie King at 256-355-4515 or by email stephanie.king@adss.alabama.gov

BEGINS
MARCH 6th

1:30-3:30PM

Presbyterian
Towers

NARCOG provides programs and services to older adults and disabled of all ages in Cullman, Lawrence and Morgan County.

Call 256-355-4515 or 1-800-243-5463 or visit our website for more information.
www.narcog.org



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