



*Living Healthy  
Feel Better Take Charge*

Sick and Tired of Being  
Sick and Tired??

Chronic Disease Self  
Management Program

For anyone living with a  
chronic condition.

Sessions offered in Region A  
Cherokee, Clay, Graham,  
Haywood, Jackson, Macon,  
Swain Counties and the  
Eastern Band of Cherokee Indians

For more Information or  
To Register Contact:  
Sue Evans 587-8279

A six-week program to  
help you to improve your  
health—one step at a time.

