



12200 Fairhill Road
Cleveland, OH 44120
216-421-1350
www.fairhillpartners.org



“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”

Healthy You: Take Charge of Your Health

Are you an adult age 55 or older with an ongoing or long-term health condition?

If you or someone you know has a chronic disease join a **FREE** Chronic Self-Management Series* (sponsored in collaboration with---your organization and Fairhill Partners) . You’ll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

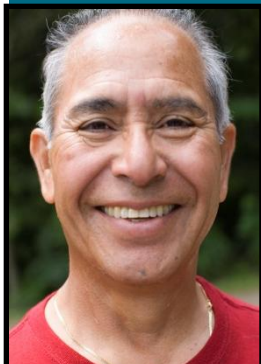
We can help you live a healthier life—and reduce cost to health care systems through our Chronic Disease Self-Management Program (CDSM). For people with chronic illness, CDSM has been shown to improve health, function and communication with their doctors, while reducing distress and helping manage symptoms like fatigue, pain, and depression.

Learn from trained leaders who understand firsthand what you are experiencing.

Set your own weekly goals and make a step-by-step plan to improve your health—and your life.

Sign Up Today. Spaces Are Limited.

To register or get more information, please call:
Successful Aging Programs at Fairhill Partners
216.421.1350, ext. 144



“Now I have more energy than I’ve had in years. I’m calmer and more confident about my health.”



“The series put me back in charge of my life, and I feel great. I only wish I had done this sooner.”