



12200 Fairhill Road  
Cleveland, OH 44120  
216-421-1350  
[www.fairhillpartners.org](http://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.”*

**“Put Life Back Into Your Life.”  
Consider Fairhill’s\* Chronic Disease Self-Management Program.**

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

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.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, migraines and more, a Fairhill Chronic Disease Self-Management Series or Diabetes Self-Management Series can help you take charge of your life.

**Sign Up Today.  
Spaces Are Limited.**

Join a free Fairhill Partners Chronic Disease Self-Management Series or Diabetes Self-Management Series, held 2 ½-hours each Wednesday for six weeks— April 14, 2010 - May 19, 2010, 1:00-3:30pm

Learn from trained leaders who understand, first hand what you are experiencing.

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

**To register or get more information, please call:  
Successful Aging Programs at Fairhill Partners  
216.421.1350, ext. 113**



*“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.”*

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