

Does your chronic health condition control your life?

We can help.

We offer support classes to help and manage you or your family member's health condition.

Anxiety

Arthritis

Asthma

Cancer

Chronic Pain

COPD

Dementia

Depression

Diabetes

Hypertension

Stroke



Learn how to better manage your health.

- ◇ Maintain and improve strength, flexibility and balance
- ◇ Deal with problems such as frustration, fatigue, isolation and pain
- ◇ Communicate effectively with loved ones and doctors
- ◇ Improve sleep and better nutrition

Register Today

(585) 335-4358

Or email us for more information at noyes-livinghealthy@urmc.rochester.edu