



SOLUTIONS

A CHRONIC CONDITION MANAGEMENT PROGRAM



TUESDAYS

JUNE 16 – JULY 28

9:30AM – 12:00PM

Virtual Sessions via Zoom

RESERVE YOUR SPOT TODAY!

If you have any questions,
please email nakita@rchf.org
or call (951)788-3471 ext 159



These **FREE** workshops are for adults with chronic health conditions, such as diabetes, heart disease, depression, etc. This evidence-based program will guide participants on how to obtain strategies to communicate better with their healthcare provider, set goals, eat healthy, be physically active, and maintain their independence.

REGISTER AT [RCHF.ORG/SOLUTIONS](https://rchf.org/solutions)

