

# Montana: Living Life Well

Chronic Disease Self-Management Program (CDSMP)

## LEARN HOW TO MANAGE AND IMPROVE YOUR OWN HEALTH

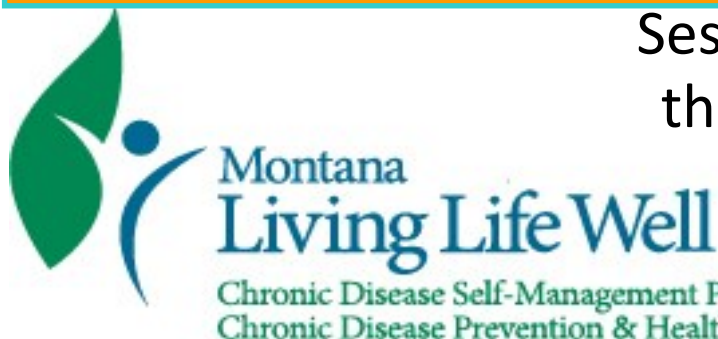
Weekly sessions for 6 weeks.  
Anyone with Chronic illness is welcome.

# Sign Up Now!



Classes to be held at Aspen Grove (262 Wicks Lane)

For more info or to register contact Beri @ (406) 969-3850



Sessions run from September 9th  
thru October 14th. Every Friday  
1:30 pm to 4:00.