



TAKE CONTROL OF YOUR HEALTH

Chronic Disease
Self-Management Program



Do you have **arthritis, diabetes, high blood pressure**, or other health concerns you deal with regularly? These conditions are considered “chronic” —and you can learn how to manage by attending this course.

Keiro’s Chronic Disease Self-Management Program is a six-week program which will provide you with tools that you can take home to manage your chronic health conditions.

No Fee. REGISTRATION Required.
Space is limited.

WHEN: Six Thursdays, 6/1/17 - 7/6/17
10:00 a.m. to 12:30 p.m.

FREE COURSE

WHERE: Koyasan Beikoku Betsuin of Los Angeles
342 E. First Street, Los Angeles, CA 90012

RSVP: For more information or to RSVP, please contact Kanako Fukuyama at 213.873.5709 or registration@keiro.org

All programs are FREE unless otherwise noted and are made possible by KEIRO along with support from our Community Partners, donors, and volunteers.

HOSTED BY:

Koyasan Beikoku Betsuin of Los Angeles

Keiro 

KEIRO® is expanding our reach to broadly engage and support Japanese American and Japanese older adults throughout Los Angeles, Orange, and Ventura counties. KEIRO provides services to older adults and caregivers, along with programs for residents of KEIRO’s former facilities.