



July

## Chronic Condition Self-Management

Join us for an informative session focused on helping individuals better understand and manage chronic health conditions. This presentation will educate attendees on common chronic conditions, their symptoms, and risk factors. They will also learn about the symptom cycle, and how to prevent chronic conditions or manage them.

DATE: 07.17.2025

TIME: 11:00am

LOCATION: Owls Active Aging Center at Trinity

ADDRESS: 2715 E. Jackson Blvd., Elkhart, IN 46516

**Space is limited, reserve your spot today by calling (574) 336-2652 to register.**



**Carissa Fields,**  
Community Health  
Worker

Carissa Fields is the Community Health Worker at REAL Services and her mission is to help guide older adults to be the healthiest version of themselves through community presentations, resource guidance, and 1-on-1 coaching.

