



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: 07.29.2025

TIME: 11:30am

LOCATION: Salvation Army

ADDRESS: 300 N. Main St., Elkhart IN 46613



**Space is limited, reserve your spot today by calling (574) 284-7189 to register.**

**Register for Lunch by 3pm: 07.25.2025**



**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.

