



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SUPPORT WHEN YOU NEED IT



CHRONIC ILLNESS GROUP

**Thursdays, January 5, 12, 19, 26 from 12:00 – 2:00pm
HOLISTIC CENTER**

This group is designed to enhance the physical and psychological health of those diagnosed with a chronic illness.

It is composed of 3 sections: education (10min), group support (45min), and restorative Yoga (60min). The focus of the program is on the emotional reactions, coping and dealing with aspects such as having a hidden disability, the uncertainty of the day to day functioning as well as the future and interpersonal relationships.

The group is not a forum for discussing physicians, medical treatment or specific illnesses.

Member - free

Non-Members - \$80

2737 Cherry St

Erie, PA 16508

(814) 868-0867

www.ymcaerie.org