

CHRONIC CONDITIONS GROWTH AND SUPPORT GROUP

Come join us!

- ▶ Grow together
- ▶ Support each other
- ▶ Talk about experiences
- ▶ Learn relaxation techniques
- ▶ Share strategies, frustrations and successes
- ▶ Focuses on chronic illness, pain and daily challenges



Meets on the 2nd Thursday of the month
10:30 a.m. - 12:00 p.m.
Jewish Family Service of the Lehigh Valley

For more information or to register, contact:

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*Sliding scale or no fee available, if needed



JEWISH FAMILY SERVICE
★ OF THE LEHIGH VALLEY ★