



CHRONIC CONDITIONS SUPPORT GROUP

Do you have a condition such as diabetes, high blood pressure, chronic pain, COPD, heart disease, arthritis, depression, or anxiety?

Here's an opportunity to meet with other people living with a Chronic Condition or Disability to exchange helpful tips, give and receive support, and learn about new resources. Each session will offer something new to learn about managing common conditions in later life, as taught by a gerontologist, while also providing valuable social and emotional support from others like you.

Support sessions will be held in-person and virtually via Zoom. This group is free to the public and can be joined at any time.

Elder Network services are available to all eligible persons regardless of race, color, gender, religion, disability, or national origin. Elder Network is a non-profit organization.



Elder Network Believes

“Those 55 and better and their caregivers have the opportunity to thrive and lead rewarding lives.”

**Every 2nd & 4th
Wednesdays of the
Month, 1-2pm**

**In Person at the Rochester
Elder Network Office -
2nd Wednesdays of
each month**

**Virtual via Zoom -
4th Wednesdays of each
month**

**Learn more or register by
calling the Elder Network
office at
507-285-5272**

ELDER NETWORK
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