

**Metropolitan Center for Independent Living  
is proud to partner with  
the Minnesota Department of Health Arthritis Team**



## **Physical Activity and Health Promotion Programs for Managing or Preventing Chronic Disease**

**Free Microsoft Teams Webinar  
Thursday, March 6, 2025, 10:00-11:00am**

We welcome you to learn about existing programs to support health and wellness:

- How to Manage Chronic Disease
- Programs and Services that will help your clients, and all!
- Awesome resources and referrals!

**[Click here to register for the webinar!](#)**

For more information, please contact [kellyk@mcil-mn.org](mailto:kellyk@mcil-mn.org)