

The Uncas Health District will host a Chronic Disease Self-management program at the Salem fire department starting August 18, 2015 from 10:00 am to 12:30 pm. This program will meet on August 18, August 25, September 1, September 15, September 22 and September 29, 2015. The program will NOT meet on September 8, 2015. Anyone interested is welcome to attend. This program will help people manage chronic conditions such as arthritis, high blood pressure, pain and anxiety. For further information, please contact Connie Capacchione at 860-639-5138.