



**GOVERNMENT OF  
THE VIRGIN ISLANDS OF THE UNITED STATES**

**VIRGIN ISLANDS DEPARTMENT OF HEALTH**

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**PRESS RELEASE**

February 9, 2022

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**Department of Health Hosts FREE Chronic Disease Control Sessions**

**US Virgin Islands** — The Department of Health, Chronic Disease Control Program, is hosting a series of FREE 6-week Virtual (ZOOM) Chronic Disease Control Sessions designed to help people living with chronic conditions take control of their lives.

Common chronic conditions include diabetes, arthritis, high blood pressure, heart disease, pain, anxiety, or other chronic illness. People living with these illnesses and their caretakers are encouraged to sign up today because spaces are limited.

The workshop will teach people how to:

- Eat well and exercise safely
- Cope with pain and fatigue
- Explore new treatment options
- Talk with their doctor

The classes start on Tuesday, February 22, 2022 (02/22/22), and continue every Tuesday until March 29, 2022 (03/29/22). Attendees can choose morning or evening classes: 10:00 a.m. – 12:30 p.m. or 5:30 p.m. – 8:00 p.m.

To sign up, email Lyña Fredericks at [lyna.fredericks@doh.vi.gov](mailto:lyna.fredericks@doh.vi.gov). You can also call (340) 774-7477 Ext. 5675 OR (340)718-1311 Ext. 3798 and leave a voicemail.

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