



Chronic Conditions & Exercise



Hosted by Teen Court

Taught by Teri White

People with chronic diseases can and should exercise regularly!

Join us to learn more about how to increase physical activity when you have a chronic disease. We will discuss different types of exercise, intensity, duration, and safety.

Let's look forward to how to use exercise to increase the quality of life and slow the progression of disease!



Class Details:

Date: Tuesday, March 11, 2025

Time: 6:00pm-7:15pm

Location: CCSO Headquarters Building

6915 Crain Highway La Plata, MD 20646

Limited seating is available,
to register contact:

Sarah Vaughan, Teen Court Coordinator
301-609-3916 or vaughans@ccso.us

Teen Court Classes are provided for the enrichment and educational benefit of the youth in our community and are offered at no cost to participants. Any youth attending these classes must be accompanied by a parent or guardian.