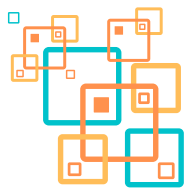


Chronic Disease Self Management Workshop



Living with Chronic Disease? Do you live with someone that is affected by Chronic Disease

This Chronic Disease Self-Management Program is a 6-week workshop for those who have Chronic Disease or live with someone who does. It teaches the skills needed in the day-to-day management of Chronic Disease. Self-management programs are among the most efficient tools that can be offered. They lead to better outcomes by helping individuals gain confidence in their ability to manage their symptoms.

In many cases, these programs lead to a reduction in illness, and improved overall health.

Workshop Dates

Wednesdays 9:00am-11:30am
February 3rd-March 10th
March 24th- April 28th

Wednesdays 1:30pm-4:00pm
April 7th- May 12th
May 19th- June 23rd

Reserve your spot by

Email:

Matteline at
Matteline@nyecc.org

Location: Live Virtual Class, more info upon reservation

Free class valued at \$240 with limited space.

Must have 8 people to start the class.

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