

# 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**

July 7th - August 11th  
August 18th - Sept. 22nd

**Wednesdays 1:30pm-4:00pm**

Sept. 29th - November 3rd  
November 10th - December 22nd (no class 11/24)

Reserve your spot by  
Email:

[Matteline@nyecc.org](mailto:Matteline@nyecc.org)

Location: Live Virtual Class,  
more info upon reservation  
(available for residents of  
Nye, Lincoln and  
Esmeralda Counties)

Free class valued at \$240  
with limited space.

Must have 8 people to start  
the class.

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