



Chronic Disease Self Management Workshop



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.

For questions

E-mail Hayley Gloeckner at hayley@nyecc.org or call 775-962-1087

Free class valued at \$240 with limited space.

Program Manager

Matteline Becker
775-727-9970 x302 or
matteline@nyecc.org



 **PACE Coalition**
Healthy Communities ... Whatever it Takes



Register for a workshop.

Either scan QR code or use this link:

<https://www.surveymonkey.com/r/signupforCDMSE>



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