



# 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.

## 2022 Schedule:

January 12th – February 16th  
2:00 PM - 4:30 PM

February 22nd – March 29th  
9:00 AM – 11:30 AM

April 5th – May 10th  
9:00 AM – 11:30 AM

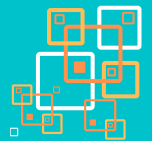
May 17th – June 21st  
9:00 AM – 11:30 AM

For questions  
E-mail Hayley Gloeckner  
at [hayley@nyecc.org](mailto: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](mailto:matteline@nyecc.org)



**\*\* 1 hour over-the-phone classes can also be  
scheduled based on need\*\***

**Register for a workshop.**

**Either scan QR code or use this link:**

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

