

Come join us in person at Rose Park for a **Free 6-Week** **Self-Management Workshop**

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.

Diabetes Workshop

May 17 - June 21

Starting at 10:00 am

Chronic Disease Workshop

May 18 - June 22

Starting at 10:00 am

Why Sign up:

- Helps individuals gain confidence in their ability to manage their symptoms
- Teaches the skills needed in the day-to-day management
- Exercise for maintaining and improving strength and endurance
- Eat healthier, meal planning, low fat meals and reading nutrition labels

For more information, please call:

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

Chronic Disease Program Manger

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

Diabetes Program Manager

Jess Rosner at 775-482-6561 or jess@nyecc.org

