## 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



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