## Come join us in person for a Free

once a week

## for 6-sessions in a row 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.

Wednesdays: February 1 - March 8

Diabetes Workshop Starting at 6 pm

## 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

## Classes are at Pioche Fire Station, located at 357 Airport Road, Pioche.

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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