

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.

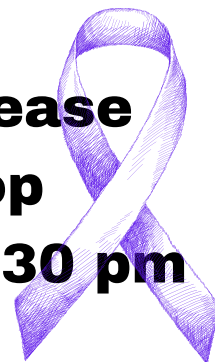
Wednesdays: February 1 - March 8



Diabetes Workshop
Starting at 6 pm



Chronic Disease
Workshop
Starting at 1:30 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

