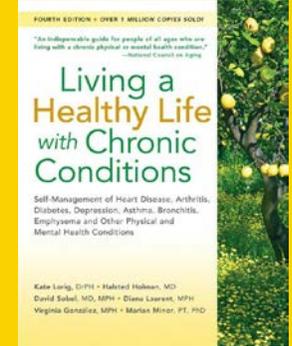


Do You or Someone You Know Live with a Chronic Disease?

Living a Healthy Life with Chronic Conditions

A PROVEN Chronic Disease Self-Management Program



www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/

The group will meet via Zoom:

Fridays

1:00 pm to 3:30 pm

November 13, 20, 27

December 4, 11, 18

What is needed:

- Computer, laptop, tablet or smartphone
- Stable internet connection
- Speakers, microphone & webcam

Don't have all of these? Give us a call!
We have a phone option available too!



People who have taken this program say they are better able to manage their:

- Heart Disease
- Arthritis
- Diabetes
- Depression
- Asthma, Bronchitis & Emphysema
- Other Physical & Mental Health Conditions

Space is limited.
Register today at:

https://wsu.co1.qualtrics.com/jfe/form/SV_eM6Q6k1y5JxqVA

Questions?

amy.raney@wsu.edu
564-397-5721



This workshop is offered in partnership with Clark County SeaMar Community Health Centers, Southwest Washington Accountable Communities of Health and Washington State University Extension.



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