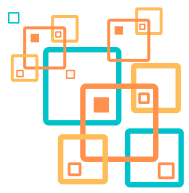


# Chronic Disease Self Management Workshop



Living with Chronic Disease? Do you live with someone that is affected by Chronic Disease

This Chronic Disease Self-Management Program is a 6-week workshop for those who have Chronic Disease or live with someone who does. It teaches the skills needed in the day-to-day management of Chronic Disease. 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.

In many cases, these programs lead to a reduction in illness, and improved overall health.

## Workshop Dates

Wednesdays 9:00am-11:30am  
February 3rd-March 10th  
March 24th- April 28th

Wednesdays 1:30pm-4:00pm  
April 7th- May 12th  
May 19th- June 23rd

Reserve your spot by  
Email:

Matteline at  
[Matteline@nyecc.org](mailto:Matteline@nyecc.org)

Location: Live Virtual  
Class, more info upon  
reservation

Free class valued at \$240  
with limited space.

Must have 8 people to  
start the class.

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