

# Chronic Disease Self-Management Workshop

February 7, 2017 – March 14, 2017

9:00am-11:30am

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McDowell Senior Center

100 Spaulding Rd  
Marion, NC 28752



This workshop will take place once a week for 6 weeks. Each session is 2 ½ hours long, and all workshops are facilitated by 2 trained leaders who follow a detailed manual, so that each workshop is highly consistent.

This work shop is appropriate for people living or caring for someone with a wide variety of chronic health conditions, such as arthritis, diabetes, heart disease, and other or multiple chronic conditions.

## Topics addressed during the workshops

These programs are not designed to help people to learn more about chronic conditions, but rather to learn the skills and tools to better manage chronic conditions. Participants will learn:

- techniques to deal with problems such as frustration, fatigue, pain and isolation
- appropriate management of medications
- healthy eating guidelines and exercise tips
- how to make informed treatment decisions
- and MUCH MORE



**“Pre registration is required”**

To register see front desk at the Senior Center

More information contact

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