

DO YOU HAVE A
CHRONIC DISEASE?



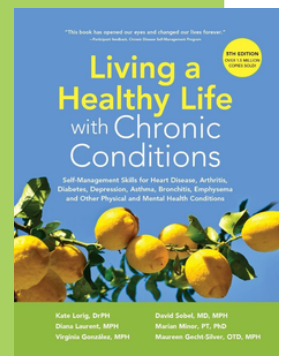
JOIN OUR FREE 6-WEEK WORKSHOP!

**Chronic Disease
Self-Management Program**

- FREE 6-Week Workshop for people with chronic diseases/ illnesses and/or their family members, friends, or caretakers.
- This program does not replace any of your existing programs or treatment
- No new participants accepted after the second session
- This workshop is currently offered to Washington County residents only. For classes in your area, visit <https://gethealthynoco.org/#/>
- **Space is limited - register soon!**

**Learn Skills to Manage
Your Chronic Disease**

- Action-planning, problem-solving & decision-making
- Communication with yourself, others & your healthcare providers
- Healthy Eating, Physical Activity & Sleep
- Managing Emotions
- Breathing Techniques
- Managing Symptoms
- Appropriate Use of Medication
- Stress Management
- and more!



**Every Wednesday
1:30-4:00pm
October 4th - November 8th**

Class will be held at the
Burgoyne Ave Campus
1153 Burgoyne Ave, Fort Edward
Registration Required!



For more information or to register, call 518-746-2400