



Chronic Disease Self-Management Workshop

A Self-Management Resource Center Program

DATE & TIME:

Thursdays

September 18-

October 30, 2025*

10:00 AM-12:00 PM ET

*No class October 23

LOCATION:

Online via Zoom

COST:

Free

REGISTER:

Click [here](#) or use the QR code below.



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WHO SHOULD ATTEND:

Adults of all ages who have a chronic condition and their family members/caregivers in their support system.

DESCRIPTION:

A six-week workshop where participants learn strategies to help:

- Deal with difficult emotions
- Develop a healthy eating and exercise plan
- Set goals
- Problem solve
- Learn a variety of other tools to manage chronic conditions

HOW TO REGISTER:

Register [here](#) or use the QR code on this flyer.

When you register for this workshop, you are committing to attending all six sessions, and contacting the leader if you will be absent.

CONTACT:

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