



LEARN HOW TO LIVE A HEALTHIER LIFE WITH CHRONIC CONDITIONS

Topics Covered:

- ✓ Managing Symptoms
- ✓ Healthy Eating
- ✓ Medication Usage
- ✓ Stress Management
- ✓ Making Informed Treatment Decisions
- ✓ Work With Your Health Care Provider
- ✓ Setting Goals

Sponsored by

Mendonoma Health Alliance

This program supports one of MHA's Key Initiatives



Chronic Care Management



TAKE CHARGE OF YOUR HEALTH

A Self-Management Workshop for people with Chronic Conditions

Based on Stanford University's Chronic Disease Self-Management Program

FREE Six-Week Class

March 12 - April 23, 2020*

(*no class April 16)



Thursday: 1:00 pm - 3:30 pm
Manchester Community Center
43970 Crispin Rd., Manchester

Space is limited - Register Soon

For more info or to register, please contact

(707) 412-3176 x102
info@mendonomahealth.org

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