



Taking Control of Your Health

FREE virtual or phone-in workshops from the comfort of your home!



Chronic Disease, Diabetes and Chronic Pain Workshops

Each series of six workshops covers:

- Self-testing (select workshops)
- Exercises
- Dealing with health worries
- Healthy eating
- Dealing with pain & fatigue
- Problem-solving
- and so much **MORE**

Register Today!

Self-Management Programs

800-272-3921

Workshops meet once a week, for one hour or two and a half hours, over the course of six weeks.

*To get more information, contact **Kim Mathis** @ **800-272-3921** or email **Kmathis@nctcog.org** or go online: **www.nctcog.org/aging-services***

Taking Control of Your Health at Home

Schedule of Workshops

- Each workshop consists of a series of six classes done over the **phone** or **Zoom Virtual**.
- Plan on attending all sessions to get the full benefit from this program.
- Call to start your enrollment process: **Kim Mathis 800-272-3921**
- **Space is limited!**
- You will receive Self-Management materials when registration is complete.
- Cost: **FREE**



Chronic Disease Self-Management Program (Virtual) - **Registration Deadline:** **September 10**

Dates	Day	Time	Sessions
September 24-October 29	Thursday	1:00 pm – 3:30 pm	6



Chronic Pain Self-Management Program (Phone) - **Registration Deadline:** **September 8**

Dates	Day	Time	Sessions
September 22-October 27	Tuesday	10:00 am - 11:00 am	6



Chronic Pain Self-Management Program (Virtual) - **Registration Deadline:** **September 11**

Dates	Day	Time	Sessions
September 25-October 30	Friday	10:00 am - 12:30 pm	6



Diabetes Self-Management Program (Virtual) - **Registration Deadline:** **September 9**

Dates	Day	Time	Sessions
September 23-October 28	Wednesday	1:00 pm - 3:30 pm	6



Diabetes Self-Management Program (Phone) - **Registration Deadline:** **September 24**

Dates	Day	Time	Sessions
October 8-November 12	Thursday	10:00 am - 11:00 am	6