

Chronic Pain Self-Management Program

Are you interested in learning how to better manage your chronic pain?

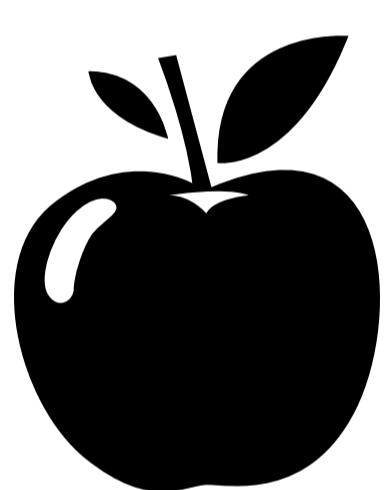
Chronic Pain classes are **NOW** available at Community Counseling Center

The Chronic Pain Self-Management Program is held once a week for 6 weeks for 2.5 hours, taught by two trained leaders. It's time to take control and learn better ways to manage your Chronic Pain!

During the program you will learn:



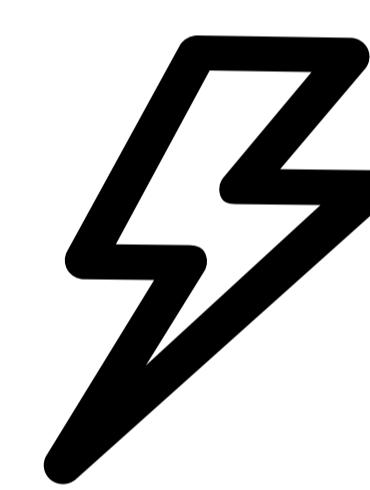
Making Friends
that will
Support you



Healthy
Eating



Dealing with
Stress and Pain



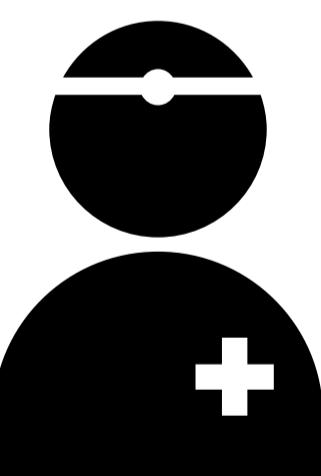
Problem
Solving



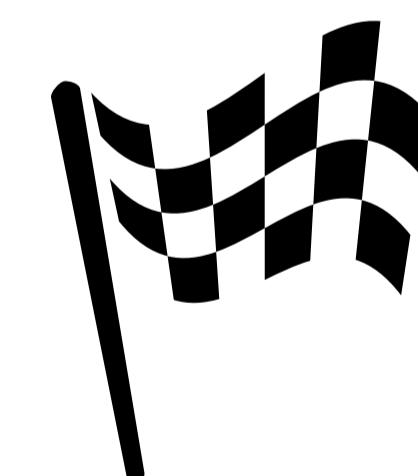
Dealing with
Depression and
Positive
Thinking



Mind to Body
Connection



Communicating
and Following
your Doctors



Weekly
Goal
Setting

Community Counseling Center-
714 E. Sahara Las Vegas NV 89104

Group meets every Wednesday, starting May 22nd - June 26th
Session starts from 2:00 P.M- 4:30 P.M
Please call 702.369-8700 to register!

Chronic Disease Self-Management Program

Are you interested in learning how to better manage your chronic disease?

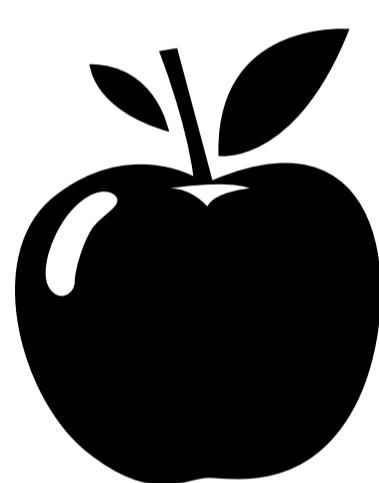
Chronic Disease classes are available at the St. Rose Community Outreach Center

The Chronic Disease Self-Management Program is held once a week for 6 weeks for 2.5 hours, taught by two trained leaders. It's time to take control and learn better ways to manage your chronic disease!

During the program you will learn:



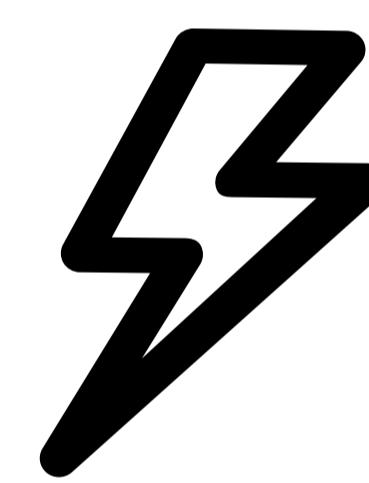
Making Friends that will Support you



Healthy Eating



Dealing with Stress



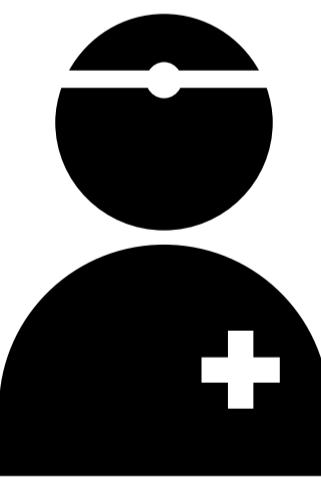
Problem Solving



Dealing with Depression and Positive Thinking



Physical Activity



Communicating and Following your Doctors



Weekly Goal Setting

**Free group meet every Wednesday from May 15th to June 19th
5:00- 7:00 pm
Please call 702.616.4900 to register!**

Diabetes Self-Management Program

Are you interested in learning how to better manage your diabetes?

Diabetes classes are available at St. Rose Community Outreach Center

The Diabetes Self-Management Program is held once a week for 6 weeks for 2.5 hours, taught by two trained leaders. It's time to take control and learn better ways to manage your diabetes!

During the program you will learn:



Making Friends
that will
Support you



Healthy
Eating



Dealing with
Stress



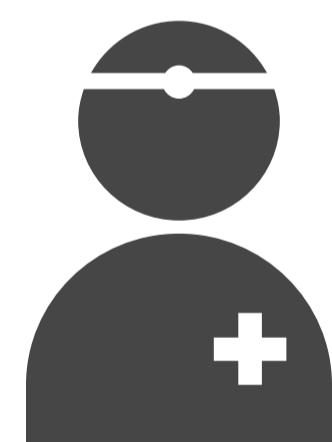
Problem
Solving



Dealing with
Depression and
Positive
Thinking



Physical
Activity



Communicating
and Following
your Doctors



Weekly
Goal
Setting

Free group classes meet on Wednesday May 10th- June 14th
From 1:00 pm- 3:30 pm
Please Call 702-616-4900 to register



Dignity Health
St. Rose Dominican

St. Rose Community Outreach Center
2651 Paseo Verde Pkwy, Suite 180
Henderson, NV 89074