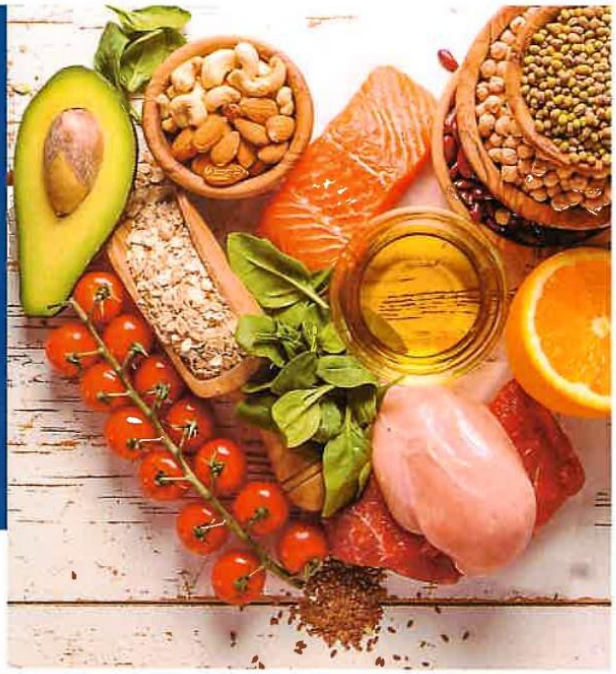
Get Healthy North Country

Brought to you by the North Country Chronic Disease Prevention Coalition

Do you or someone you love live with a chonic condition? We can help.



FREE WELLNESS PROGRAM

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Come learn & discover a range of strategies that can enhance your health and well-being at **no cost to you**.

TOPICS INCLUDE:

- Collaboration with healthcare experts
- Nutrition and label comprehension
- Improving communication abilities
- Formulating action plans
- Improving sleep quality
- Relaxation techniques
- Enhancing breathing
- Physical activity
- Problem-solving
- Decision-making
- Pain management
- Stress education
- Preventing falls

DETAILS

Wednesdays
April 3 to May 8, 2024
1:00 to 3:30 p.m.
CHMC's Lions Diabetes Education Conference Room

IN-PERSON or VIRTUAL OPTIONS

CONTACT:

Claxton-Hepburn Medical Center's Diabetes Education Department at 315-713-5251 or 315-713-5116.

Get a free $10 grocery store gift card for attending Session One!

CLAXTON · HEPBURN MEDICAL CENTER

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $1.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.