



Taking Control of Your Health

CLASSES STARTING JANUARY 2021

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



Chronic Disease, Diabetes and Chronic Pain Workshops

Each series of seven 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!

**Last day to register
December 28, 2020**

Self-Management Programs

800-272-3921

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

- 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! Last day to register is Monday December 28, 2020!**



Virtual Classes on Zoom

Chronic Pain Self-Management Class

Dates	Day of the Week	Time	# Classes
January 19 – March 2	Tuesday	12:45 pm to 3:30 pm	7

Chronic Disease Self-Management Class

Dates	Day of the Week	Time	# Classes
January 20 – March 3	Wednesday	9:45 am to 12:30 pm	7

Diabetes Self-Management Class

Dates	Day of the Week	Time	# Classes
January 21 – March 4	Thursday	9:45 am to 12:30 pm	7



Telephone Classes

Chronic Disease Self-Management Class

Dates	Day of the Week	Time	# Classes
January 19 – March 2	Tuesday	10:00 am to 11:00 am	7

Diabetes Self-Management Class

Dates	Day of the Week	Time	# Classes
February 10 – March 24	Wednesday	1:00 pm to 2:00 pm	7

Chronic Pain Self-Management Class

Dates	Day of the Week	Time	# Classes
February 11 – March 25	Thursday	1:00 pm to 2:00 pm	7