



Taking Control of Your Health

CLASSES STARTING April 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
March 22, 2021

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 Spring 2021 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, March 22, 2021!**



Virtual Classes via Zoom link

Diabetes Self-Management Class

Dates	Day of the Week	Time	Number of Classes
April 6 – May 18	Tuesday	1:00 pm to 3:30 pm	7

Chronic Pain Self-Management Class

Dates	Day of the Week	Time	Number of Classes
April 7 – May 19	Wednesday	10:00 am to 12:30 pm	7

Chronic Disease Self-Management Class

Dates	Day of the Week	Time	Number of Classes
April 8 – May 20	Thursday	10:00 am to 12:30 pm	7



Telephone Support Classes

Chronic Pain Self-Management Class

Dates	Day of the Week	Time	Number of Classes
April 6 – May 18	Tuesday	10:00 am to 11:00 am	7

Chronic Disease Self-Management Class

Dates	Day of the Week	Time	Number of Classes
April 21 – June 2	Wednesday	1:00 pm to 2:00 pm	7

Diabetes Self-Management Class

Dates	Day of the Week	Time	Number of Classes
April 22 – June 3	Thursday	1:00 pm to 2:00 pm	7