



Learn how to manage:

- Diabetes
- Heart Disease
- COPD
- Asthma
- Hypertension

Topics Covered:

- Managing Symptoms
- Healthy Eating
- Medication Usage
- Stress Management
- Making Informed Treatment Decisions
- Dealing with Your Health Care Provider
- Setting Goals

Hosted by:



CHRONIC DISEASE Self-Management Workshops

Based on Stanford University's Chronic Disease Self-Management Program

**Mondays - July 8 through August 12, 2019
10:00 a.m. to 12:30 p.m.**

at the

**Parker County Extension Office
604 North Main
Weatherford, Texas 76086**

- Free six-week workshop for people with chronic-illness
- This workshop does not replace any of your existing programs or treatments
- No new participants accepted after the second session
- Space is limited—register soon!

For more information or to register, call the Parker County Extension Office at 817-598-6168, or 1-877-THR-WELL, or online at TexasHealth.org/Classes



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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating