



CHRONIC DISEASE Self-Management Workshops

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

Sponsored by:

Williamson County & Cities Health District

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

Class Offered at Two Locations

Thursdays, Aug. 7 - Sep. 11

10:00 am to 12:00 pm

Switzer Senior Center

410 W. 7th St., Taylor, TX 76574

Wednesdays, Aug. 13 - Sep. 17

5:30 pm to 7:30 pm

Round Rock Public Health Center

211 Commerce Blvd., Round Rock, TX 78664

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

**For more information or to register,
contact Brenda Tijerina at 512-248-3276
or btijerina@wcchd.org**



Williamson County & Cities Health District
www.wcchd.org