



CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

WHEN: TUESDAY, APRIL 23, 2019

TIME: 5:00 P.M.

**WHERE: Pender Memorial Hospital,
507 E. Fremont Street, Burgaw, NC
28425 (Education Room)**

**FREE SIX-WEEK
PROGRAM**

2.5 HOUR CLASS

**IMPROVING
HEALTH
BEHAVIORS BY
INCLUDING
EXERCISE,
NUTRITION,
SYMPTOM
MANAGEMENT
FOR PAIN AND
FATIGUE, COPING
SKILLS,
COMMUNICATION
WITH
PHYSICIANS, AND
STRESS
MANAGEMENT.**

**IF YOU HAVE
QUESTIONS OR TO
SIGN UP, PLEASE
CALL**

**Carolyne Davis, MHA,
RRT-RCP**

910-300-4278