



# Chronic Disease Self-Management Program

*An SMRC Evidence-Based Self-Management Program Originally Developed at Stanford University*

**Escambia County is offering a FREE 6-week, in-person class that meets once weekly.**

## March Cohort

Tuesdays

March 12 to April 16, 2024  
9:00 a.m. to 11:30 a.m.

Bayview Senior Center  
2000 E Lloyd St.  
Pensacola, FL 32503

## May Cohort

Tuesdays

May 14 to June 18, 2024  
10:00 a.m. to 12:30 p.m.

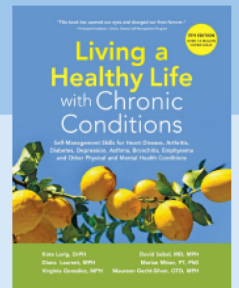
Florida Department of Health  
1295 W. Fairfield Dr.  
Pensacola, FL 32501

### Learn the skills on how to self manage chronic conditions like:

- Heart Disease
- Arthritis
- Diabetes
- High Blood Pressure
- Physical and Mental Health Conditions

### Discuss topics like:

- Pain Management
- Healthy Eating
- Physical Activity and Exercise
- Problem Solving and Action Planning
- Medication Usage



**Call 850-316-2754,  
850-316-2756, or scan  
the QR code to register.**

