



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.

August Cohort

Wednesdays

Starting August 13, 2025

1 - 3:30 p.m.

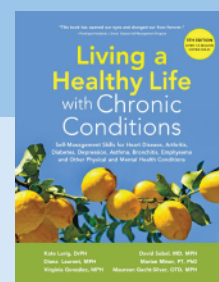
Location to be Determined

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 850-316-2763,
850-316-2768, or scan
the QR code to register.**

