



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.

September Cohort

Fridays

Starting September 11, 2026

Noon - 2:30 p.m.

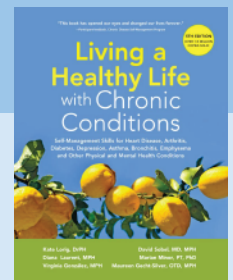
Florida Department of Health
in Escambia County
1295 W. Fairfield Drive
Pensacola, FL 32501

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 850-316-2768,
850-316-2754, or scan
the QR code to register.**

