

**ARE YOU SICK AND TIRED OF BEING SICK AND TIRED?**

TAKE CONTROL of Your Health and ENROLL in the

## **Captain of Your Own Ship**

# **Chronic Disease Self Management Workshop**

The 6 week long workshop presented by Medical Home and the Disease Prevention Department will include tools to help you:

- Problem Solve
- Set Weekly Goals
- Manage Your Symptoms
- Deal with Negative Emotions
- Improve Communication

**There is limited seating available with only 10 to 20 participants per workshop, SO RESERVE YOUR SEAT TODAY!**

*For Additional Information or To Sign Up for an Upcoming Session:  
Call 301-295-5877*

