

Chronic Disease Self-Management Program

December 5, 2017 1:16 pm

Address:

3602 Hochmuth Avenue, San Diego, CA, United States, San Diego, USA 92140

Workshop Date: January 23, 2018 - February 27, 2018

Description:

*Please note: DOD ID required to attend

DATES: **Jan 23 – Feb 27, 2018** 1/23, 1/30, 2/6, 2/13, 2/20, 2/27

TIME: **11:00 a.m. – 1:30 p.m.** (20 minute break in middle)

LOCATION: **MCRD San Diego**

3602 Hochmuth Ave. Building 6E San Diego, CA 92140

FOR MORE INFO, CONTACT: **(858) 495-5500**

Please leave a message, your call will be returned.

During 6 classes, you will:

- Enjoy a small group led by peers trained in self-management
- Discover ways to better manage your health challenges and lessen their impacts on your life
- Explore ways to reduce fatigue, anxiety, sleep loss and pain
- Set goals and problem-solve to make positive changes

County: San Diego

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Map

