

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM



EVIDENCE-BASED CLASSES

6 Week Series

This award-winning "Healthier Living" series, based on research conducted at Stanford University, is designed for anyone enduring ongoing health conditions. Learn how to manage medication, evaluate new treatments, practice critical decision-making, uphold proper use of medications, and establish a regular exercise program. Also available in Spanish.

May 15 - June 19
Tuesdays
9:30 am - 12:00 pm

Camarillo Health Care District
3639 E Las Posas Rd.
Bldg. E, Suite 117
Camarillo, CA 93010

\$40 Camarillo/Somis residents
\$49 out of district residents

Register (805) 388-1952 x100



Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition

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