

# Chronic Disease Self-Management Workshop

## Neuroscience Supportive Care Program

A free self-management workshop for those living with a chronic condition. During each 2-1/2 hour session, the facilitators will introduce tools and techniques to help you manage your health, so you can enjoy life more. Participants learn how to eat healthy, manage stress, develop and maintain an exercise program, and communicate with family, friends, and physicians. Caregivers are also invited to participate. *Sponsored by Aging Adult Services at Stanford Health Care*

**Registration required.** To register, call 650.721.8500.

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- Dates & Times:** Tuesdays for 6 consecutive weeks  
10/15, 10/22, 10/29, 11/5, 11/12, 11/19
- Time:** 1:30pm - 4:00pm
- Location:** Stanford Health Library  
211 Quarry Road  
2<sup>nd</sup> Floor, Room 201  
Palo Alto, CA 94304
- Website:** [www.stanfordhealthcare.org/nscp](http://www.stanfordhealthcare.org/nscp)

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.*

