



**Feel better.  
Be in control.  
Do the things you want to do.  
Put life back in your life!**



***The Manage Your Chronic Disease (MyCD)***  
**Chronic Disease Self-Management Program**  
**A Free Six-Week Workshop**

**Day of the Week:** Thursday evenings  
**MyCD Workshop Dates:** August 17 – September 21, 2017  
 (8/17, 8/24, 8/31, 9/7, 9/14, 9/21)

**Time:** 5:30 PM – 8:00 PM  
**Location:** Hatch Senior Citizen’s Center  
**Address:** 510 E Hall St, Hatch, NM 87937

**Join, Learn, and Take Control!**  
 To register, call **(575) 386-9451** or the Hatch Public Library  
 at **(575) 575-267-5132**.

**Supported by the:**



**In partnership with**



All About Discovery!™  
**Cooperative Extension Service**  
 College of Agricultural, Consumer  
 and Environmental Sciences

Come learn how to better manage diabetes, arthritis, pain, cancer, high cholesterol, asthma, heart disease, high blood pressure or any other long-term chronic health condition.

Build new relationships and learn new skills to help you manage all the things needed to improve your health, as well as to help keep you active in your life and relationships. Family, friends, and caregivers are welcome to attend too.

**Weekly Session Topics Include:**

- Feedback and problem solving
- Using your mind to manage symptoms
- Communication skills
- Dealing with depression
- Dealing with difficult emotions
- Physical activity and exercise
- Better breathing
- Preventing falls and improving balance
- Goal setting and making an action plan
- Medication usage
- Positive thinking
- Making healthy food choices
- Reading nutrition labels
- Working with your healthcare team
- Getting a good night’s sleep
- Looking back and planning for the future

New Mexico State University is an affirmative action/equal opportunity employer and educator. NMSU and the U.S. Department of Agriculture cooperating. If you are an individual with a disability and need an auxiliary aid or service, please contact the Doña Ana County Extension Office 575-525-6649 at least two weeks before the first class.

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