

Living healthier:

Chronic Disease Self-Management
(6 sessions)



No-cost program. Transportation available for Blue Shield TotalDual Plan (HMO D-SNP)

members. Join us in this 6-session program to learn how to deal with and take care of diabetes, arthritis, heart conditions, and breathing problems. This class is for you if you have a long-term illness or take care of someone who does. Registration required.

Learn how to:

- Increase your self-confidence managing your condition
- Manage pain
- Eat well
- Solve challenges and set goals
- Handle stress and relax
- Feel better and take charge of your health

Join us:

To register, call:

(562) 613-5118, 8:30 a.m. – 5 p.m., Monday – Friday

For more information, call Customer Service:

(800) 452-4413 (TTY: 711), 8 a.m. – 8 p.m., seven days a week