



**CHRONIC DISEASE
SELF-MANAGEMENT FREE
LEADER TRAINING CLASS**

**Sept. 27 & 28, & October 4 & 5, 2014
Saturday-Sunday 9:00am-4:00pm
Mid-Ohio Valley Health Department
Parkersburg, WV**

**Learn ways to help others manage their diabetes, arthritis,
depression and other chronic diseases.**

**Learn about helping others with proper nutrition, dealing with emotions,
effective communication, managing your medicines,
understanding common symptoms,
exercise...and much more!**

Classes and materials are free!



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