



News Release

FOR IMMEDIATE RELEASE

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Chronic Disease Self-Management Workshop Aug. 15 – Sept. 19

FAYETTEVILLE – The Cumberland County Health Department will offer the Chronic Disease Self-Management workshop for six consecutive Tuesdays beginning Aug. 15 at the John D. Fuller Sr. Recreational/Athletic Complex at 6627 Old Bunce Rd., Fayetteville.

The Chronic Disease Self-Management workshop will be held every Tuesday from 11 a.m. to 1:30 p.m. The dates are Aug. 15, 22 and 29 and Sept. 5, 12 and 19. Each session is two and a half hours. Public health educators from the County's health department will help participants learn how to manage chronic conditions including diabetes, high blood pressure, cholesterol, arthritis, lupus and kidney disease.

The workshops will help participants create step-by-step plans to improve health, increase physical activity, manage medication, manage weight and improve communication with health providers.

Registration is required. Participants can register at the first session, but registrations will not be accepted after the first session. To register or for more information, contact Public Health Educator Marisa Ramos-Mason at 910-433-3892.

If you would like more information about the Cumberland County Department of Public Health's programs and services, health-related data, or community resources, please call 910-433-3600 or visit with someone at the information desk, or visit our website at co.cumberland.nc.us/health.aspx#. Comments are welcome and can be submitted on our website at co.cumberland.nc.us/health/comment_form.aspx. The Health Department is located at 1235 Ramsey St. in Fayetteville.

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