



CHRONIC DISEASE SELFMANAGEMENT PROGRAM

Free Workshop!

Your provider has recommended that you call Columbia United Providers to get information about this free workshop.

This workshop was designed for people with asthma, diabetes, high blood pressure, COPD (chronic obstructive pulmonary disease), depression and many other chronic conditions. You don't have to stop doing the things you love. By managing your symptoms, you can still get the most out of life.

CALL TODAY (360-449-8925) as SPACE is LIMITED!