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## **6-week Virtual Chronic Disease Self-Management Workshop**

Date and Time

Daily on Monday, Wednesday, and Friday at 10:00am for 8 times

Event Region

Roanoke Valley

Event Type

Class - Workshop

RSVP Info

540-330-2108 or [mblankenship@loaa.org](mailto:mblankenship@loaa.org)

Event Cost

\$0.00

Event Description

Do you have a chronic health condition such as diabetes, high blood pressure, arthritis, COPD, depression/anxiety, fibromyalgia, MS, asthma or heart disease? Would you like to learn how to better manage the symptoms associated with these conditions? We're offering a FREE workshop every Thursday from 2:30 until 4 pm EST, May 6th till June 10th. All Participants are Required to Attend the Practice Session from 2:30 to 4:00 pm on April 29th) Virtual Meetings via Zoom. Register by contacting Molly Blankenship at 540-330-2108 or register via email at [mblankenship@oaa.org](mailto:mblankenship@oaa.org). After you register, you will be mailed the textbook and emailed with the Zoom meeting information. NOTE: Registration ends April 23, 2021 and spaces are limited.