



April 5, 2019

Be the Manager of Your Health!

Do you have a chronic health condition? Do you feel like it affects your work or home life?

The Worksite Chronic Disease Self-Management Program (wCDSMP) is a worksite wellness workshop designed for people with chronic health conditions who want to develop skills to balance home and work demands, while managing a chronic health condition(s).

If you are interested in attending the workshop, see the below registration information.

Date: Tuesdays and Thursdays, Noon - 1:00 p.m., starting April 16 (6-week group workshop)

Location: Sanders Building, 111 North Sanders Street, Room 107

To Register: Contact Melissa Baker at (406) 457-8923 or [click to register for the wCDSMP](#). Workshop is limited to 20 people.

This is NOT an eligible Next Step activity, but please don't let that stop you from taking advantage of this opportunity to participate in this scientifically-proven program.

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email benefitsquestions@mt.gov

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).