

Live your best life

Join us for a program to better your health

Date: Thursdays, May 18 - July 6 (no class May 25 or June 29)

Time: 1 p.m. - 3:30 p.m.

Location: Voluntary Action Center
829 Jefferson Ave., Scranton, PA 18510
(conference room)

About the program

Geisinger Health Plan is offering a six-week chronic disease management program. This interactive group is open to the public and available at no-cost. Participants 18 years or older living with a long-term or chronic health condition meet once a week to learn how to improve their health. Caregivers, friends and family are welcome to attend.

Workshop topics

- Managing your symptoms, pain and fatigue
- Relaxation techniques and reducing stress
- Healthy eating and exercise
- Connecting and talking with your doctor
- Setting goals and problem solving to improve your health

Sign up today

Register in-person at the Voluntary Action Center or call the GHP wellness department 1-866-415-7138.

Geisinger Health Plan may refer collectively to Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted. The Chronic Disease Self-Management Program (CDSMP) was developed by Stanford University.

HPM50 rmb CDSMP registration dev 7-16

