Now that you have graduated from a Chronic Disease Self-Management Program, here are some opportunities to continue to use your self-management skills:

- Register yourself, friend and/or family member for a community or online workshop: www.healthyliving4me.org

- Become trained as a Program Leader: Call 978-946-1211 or contact your local program coordinator about becoming a leader.

- Join the Healthier Living Alumni Online Community: healthyliving.sfconnected.net

- Join the “Helping Hands” Community Support Group: 978-251-8712
  - Connect with other graduates like yourself to receive on-going community support and resources to further enhance your life skills and become a more active partner in your healthcare.

- Become a Participant Ambassador: 978-946-1211
  - Help make a difference in people's lives by spreading the word about the healthy living programs, enhance program participation and market self-management education through Ambassador outreach.

- Post to our facebook account your positive experience about the workshop you attended: https://www.facebook.com/HealthyLivingCenterofExcellence

For questions or further assistance please contact the Healthy Living Center Staff at 978-946-1211.