



# COMMUNITY COLLABORATIONS



## IMPROVING SELF-MANAGEMENT SKILLS FOR PATIENTS AND CAREGIVERS

VNSNY hosts this presentation in recognition of Health Literacy Month

**THURSDAY**  
**OCTOBER 7, 2021**  
2PM - 3PM

Understanding how to manage an illness is important for your own health and for caregivers. We'll offer strategies for self care and caring for a loved one.



[Click here](https://bit.ly/35mo6x7) or use the following link <https://bit.ly/35mo6x7> to register for the presentation.

For more information contact [communityco@vnsny.org](mailto:communityco@vnsny.org)



To learn more visit our website at [www.vnsny.org/community-collaborations](http://www.vnsny.org/community-collaborations) or scan the QR code above