

Chronic Disease Self-Management Program



Living with chronic conditions like arthritis, diabetes, high blood pressure, or heart disease can be a daily challenge. But it doesn't have to be.

Attend a 6-week workshop (in-person or virtually) for 2.5 hours each week to learn:

- Managing your symptoms and medications.
- Communicating with family and doctors.
- Relaxing to deal with pain and fatigue.
- Creating an exercise program that works for you.
- Healthy eating to improve your condition.

This evidence-based program developed by Stanford University is proven to help you better manage your symptoms.

It is FREE, but spaces are limited.

To refer yourself or a patient to a Chronic Disease Self-Management Program (CDSMP) visit:

UniteUs <https://www.uniteus.com>,

Senior Navigator <https://seniornavigator.org/>, or

Findhelp <https://www.findhelp.org>.

For more information about CDSMP visit:

<https://selfmanagementresource.com/>

or contact:

