



Live Well, Virginia!

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This **Chronic Disease Self-Management Program (CDSMP)** is a free 2.5-hour session one day a week for six weeks small workshop for persons with any chronic condition and for caregivers of persons with chronic conditions. This is an evidence-based self-management workshop originally developed at Stanford University and now coordinated in this area by Encompass Community Supports (formerly known as Rappahannock-Rapidan Community Services). CDSMP has been found to improve healthful behaviors, improve health status and decrease days in the hospital. Interactive discussions will include: managing symptoms, working with your healthcare team, setting weekly goals, effective problem-solving, nutrition and exercise.

The next free Chronic Disease Self-Management Program will be:

Tuesdays

Feb. 13 through Mar 19, 2024

1:00PM to 3:30PM

via Zoom ~ Both audio and visual are required.

A one-on-one practice session for Zoom can be arranged, if needed.

Pre-registration for this event is required. For more information and/or to register contact: bvermillion@ecsva.org or 540-423-8185. Material used in the workshop and the Zoom link will be sent upon registration. Workshop size is limited to 12.



encompass
— Community Supports —

Formerly Known As – Rappahannock-Rapidan Community Services