



Live Well, Virginia!

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Did you know that **arthritis, asthma, depression, diabetes, and heart disease** are just a few of the chronic health conditions that you can learn to manage with a few skills?

The **Chronic Disease Self-Management Program (CDSMP)** is a **free workshop** consisting of six 2.5-hour weekly sessions. Designed for persons with any chronic condition and for caregivers of persons with chronic conditions, this evidence-based self-management workshop was developed at Stanford University and is now coordinated locally 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, communicating with your healthcare team, setting weekly goals, effective problem-solving, nutrition, and exercise.

The next Chronic Disease Self-Management Program will be:

April 9 through May 21, 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 free event is required.

For more information and/or to register contact: bvermillion@ecsva.org or call 540-423-8185. Educational materials are included with registration and will be sent with the Zoom link upon registration. Workshop size is limited to 12.



encompass
— Community Supports —

Formerly Known As – Rappahannock-Rapidan Community Services