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## **Chronic Disease Self -Management Program (CDSMP)**

Date and Time

Weekly on Wednesday at 9:30am for 7 times

Event Region

Rappahannock-Rapidan

Event Type

Class - Workshop

RSVP Info

Bonnie at [bonnired@comcast.net](mailto:bonnired@comcast.net) or 540-547-4824

Event Cost

\$0.00

Event Description

This free 2.5 hour session one day a week for six weeks workshop is for persons with any chronic condition and for caregivers of persons with chronic conditions. Dates are March 13 - April 17, 2019, Wednesdays at 9:30am. It is an evidenced based program developed by Stanford University, locally coordinated by Rappahannock-Rapidan AAA, and is now used throughout the country. There are interactive activities on setting weekly goals, problem-solving, nutrition, exercise, how to talk to health care providers, etc that help attendees learn to better manage their health. Pre-registration is required. For more information or to register for this free workshop contact Bonnie at [bonnired@comcast.net](mailto:bonnired@comcast.net) or 540-547-4824