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

Date and Time

Weekly on Thursday at 8:30am for 7 times

Event Region

Fredericksburg Area

Event Type

Class - Workshop

RSVP Info

540-373-2559

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 February 14, 2019 through March 28, 2019. 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 Kim at [klett@cildrc.org](mailto:klett@cildrc.org) or 540-373-2559.