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## **Chronic Disease Self Management Program ~** **VIRTUAL**

Date and Time

Weekly on Tuesday at 1:30pm for 6 times

Upcoming

- Tuesday 6/4/2024 1:30 to 4:00pm
- Tuesday 6/11/2024 1:30 to 4:00pm
- Tuesday 6/18/2024 1:30 to 4:00pm

Event Region

Tidewater/Chesapeake

Event Type

Class - Workshop

RSVP Info

Contact Mary Noonan at 757-963-9209 or [mnoonan@ssseva.org](mailto:mnoonan@ssseva.org)

Event Description

The Chronic Disease Self-Management Program (CDSMP) is a six week, 2.5 hour workshop that offers tools and information to help people manage their chronic conditions and participate more fully in life. Through this supportive interactive workshop, often led by others with chronic conditions, participants learn about a variety of topics, such as:

- Healthy eating and exercise
- Evaluating new treatment choices
- Appropriate use of medications
- Effective ways to talk with healthcare professionals and loved ones

Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans.

Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Hosted by Senior Services of Southeastern Virginia (SSSEVA).

Event Image or Sponsor Logo

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