

Chronic Disease Self-Management Program (CDSMP)

FREE Virtual Workshop offered by Virginia Cooperative Extension

Managing a chronic health condition can be challenging, but you don't have to do it alone!

Don't miss this opportunity to invest in your wellbeing and connect with others who share similar experiences! During this program, you'll learn practical strategies for managing symptoms, improving communication with healthcare providers, setting realistic goals, and making informed decisions about your health.

SESSION DATES:

Wednesdays
10 am to 12:30 pm
January 8
January 15
January 22
January 29
February 5
February 12

Join us for a transformative **six-week program** designed to empower you with the tools and knowledge needed to **take control of your health and enhance your overall wellbeing.**



If you have any questions feel free to contact:

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