

Take Charge of Your Health!

Register for the....

Living Well

Chronic Disease Self-Management Program (CDSMP)



February 17-March 31, 2022

Meets Every Thursday Online

Time: 3:30 pm to 6:00 pm

BENEFITS

- Classes are FREE
- Improve your strength and endurance
- Practice communication and decision-making skills
- Learn how to develop a healthier lifestyle
- Learn how to problem solve with your health care team
- Create and practice action plans
- Receive a "Living a Healthy Life with Chronic Conditions" textbook with completion of program.

This program consists of 6 FREE classes

Led by Trained Leaders

Who should register?

People (along with their caregiver or relatives) who have arthritis, diabetes, heart disease, hypertension, or any other chronic condition that requires ongoing medication.

Call 301-856-9643

Email: wellnessinfo@co.pg.md.us



MARYLAND
Living Well
CENTER of EXCELLENCE



Disclaimer: This program requires a minimum number of participants in order for the classes to be offered.

Must register | Space is limited