

**Take  
Charge  
of Your Health!**

Register for the...  
**Living Well**  
Chronic Disease Self-Management Program (CDSMP)



**May 6-June 17, 2021**  
**Meets Every Thursday Online**  
Time: 2:30 pm to 5:00 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](mailto:wellnessinfo@co.pg.md.us)**



**Must register | Space is limited**

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