

**Take
Charge
of Your Health!**

Register for the...

Living Well

Chronic Disease Self-Management Program (CDSMP)



March 4 - April 8, 2024
Meets Every Monday Online

Time: 4:00 pm to 6:30 pm

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.

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 healthcare team
- Create and practice action plans
- Receive a "Living a Healthy Life with Chronic Conditions" textbook with completion of program.

Call 301-856-9465
Email: wellnessinfo@co.pg.md.us



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

Must Register | Space is limited