



# Living Well with Chronic Conditions

**A FREE  
Workshop!**

Join for free the proven Chronic Disease Self Management Program (CDSMP) offered by Virginia Cooperative Extension!

CDSMP is a 6-week interactive program for adults and their caregivers living with chronic health conditions such as arthritis, depression, diabetes, heart disease, sleep apnea, lung disease, cancer, respiratory disease and other ongoing health problems.

Participants will receive a program guide and will practice evidence-based tools to help control their symptoms and lead fuller lives.

In this program you will learn:

- to make smart decisions related to healthy eating,
- to manage your medications,
- to deal with depression and stress,
- the benefits of exercise,
- to improve communication skills,
- how to work with your healthcare team

**Register Now at:**  
[https://tinyurl.com/  
VCE-CDSMP-2024](https://tinyurl.com/VCE-CDSMP-2024)

## **Questions? Contact:**

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