

Living Healthy Southern Tier

Chronic Disease Self Management Program
(CDSMP)

Take Back Control of
Your Life & Manage
Your Own Care



A FREE six-week workshop for anyone with or caring for someone with one or more chronic health conditions such as...

Bipolar Disorder Asthma Heart Disease Anxiety Obesity Depression Crohn's Disease Cancer
Type 1 or Type 2 Diabetes Stroke Kidney Disease ADHD Addiction Chronic Pain HIV Arthritis
High Cholesterol OCD Autoimmune Disease Hypertension COPD Eating Disorder Dementia

Topics Covered in the Workshop Include

- ◆ Better nutrition.
- ◆ Communicating effectively with family, friends, and doctors.
- ◆ Dealing with problems such as frustration, fatigue, isolation, and pain.
- ◆ Improved sleep.
- ◆ Maintaining and improving strength, flexibility, and balance.

**Chemung County
Health Department
Elmira, NY**

Orientation

Monday, February 5th

4:00PM - 5:00PM

First Session

Monday, February 12th

4:00PM - 6:30PM

Contact Us for More Information or to Register

Phone - (607) 776-9467, Ext: 236

Email - srhn@ihsnet.org

<http://www.ihsnet.org/livinghealthy>