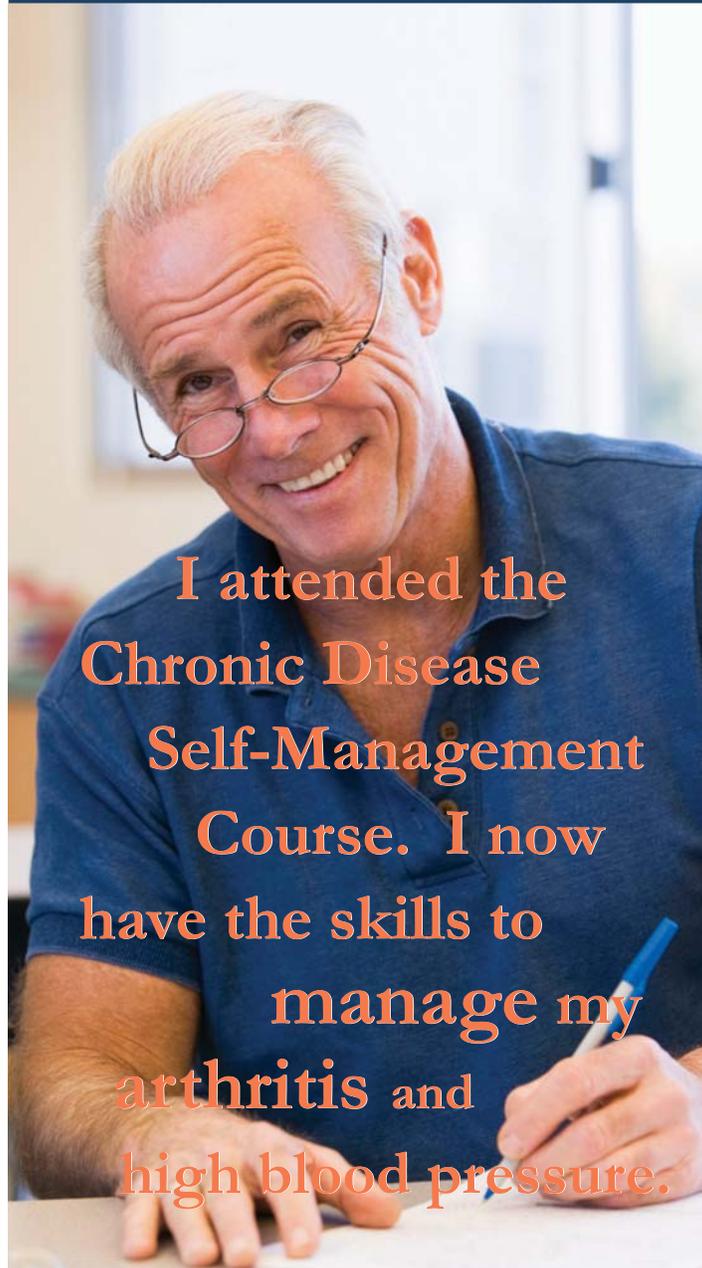


**Live Like
Your Life
Depends On It.**



**I attended the
Chronic Disease
Self-Management
Course. I now
have the skills to
manage my
arthritis and
high blood pressure.**

about the course



How long you live has a lot to do with how you live. Chronic conditions are any health issues that persist for a long time, do not usually go away and cannot be cured. This includes heart disease, high blood pressure, high cholesterol, asthma, cancer, diabetes, arthritis and fibromyalgia to name a few. But just because a disease is chronic doesn't mean you can't enjoy a long and healthy life.

The Chronic Disease Self-Management Course (CDSMP) is a program developed at Stanford University to help people gain self-confidence in their ability to control disease symptoms. The course is designed to complement professional services provided by the individual's physician or health care provider. The primary focus of the program is to help participants build skills to cope with and manage their condition.

Program benefits include increased socialization, improved self-esteem, disease management and doctor/patient relationships.

If you or someone you know needs help in managing their chronic condition, please call the agency below to learn more about a course being offered near you.

