Chronic Disease Self-Management Program (CDSMP)

Feel better! Join, learn and take control.

Learn new skills in this FREE 6-week workshop for adults who have one or more chronic health condition.

Are you living with a chronic condition like diabetes, arthritis, pain, asthma, high blood pressure or heart disease? Join the **Chronic Disease Self-Management Program (CDSMP)**.

- Build skills that will help you manage your health.
- Family, friends and caregivers are welcome to attend with you for free.

**Workshop Details**

**DAY OF WEEK:** Fridays

**DATES:** Oct. 12 through Nov. 16, 2018

**TIME:** 1:30 p.m. – 4:00 p.m.

**LOCATION:** Osher Lifelong Learning Institute at UNM, UNM Continuing Education, Building, 1634 University Blvd NE, Albuquerque, NM 87102

**TO REGISTER, CONTACT:** Osher at 277 - 0077 or ce.unm.edu or Dept. of Senior Affairs at 880 - 2800

**What topics and skills are covered during this workshop?**

- Better breathing
- Positive thinking
- Working with your healthcare team
- Goal-setting and making an action plan
- Decision-making
- Problem-solving
- Healthy eating
- Communication
- Dealing with difficult emotions
- Medication usage