

If You Have an Ongoing Medical Condition It's Time You Take Control of Your Health



Laugh



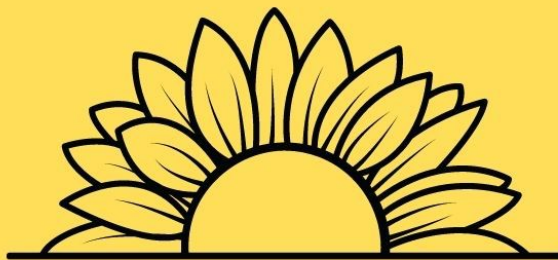
Love



Live



Join a Free Virtual Chronic Disease Self-Management
Program for 18-29 Year Olds
For More Info Visit: selfmanagementresource.com



CHRONIC DISEASE SELF MANAGEMENT PROGRAM

The Chronic Disease Self-Management Program (CDSMP) is accredited through Stanford University and is endorsed through the CDC. It is an evidence-based 6- week workshop that has shown to improve positive health care outcomes. The program focuses on a variety of topics such as healthy eating, physical activity, mindfulness, and communication.

The CDSMP has been going on now for over 30 years and has so far helped thousands of Americans and others worldwide. The program has an emphasis on self-efficacy and focuses on helping enrollees commit to achievable goals and action plans. An integral part of the program is to guide those enrolled in decision making and problem solving. Overall, the CDSMP has shown to boost confidence levels, and it has improved participants' health behaviors.

WHO IT SERVES

The CDSMP helps those of all backgrounds, ages, and ethnicities. The only qualification is that you have a diagnosis of a chronic medical condition, or you care for someone with a chronic medical condition.

HOW MANY

The CDSMP allows for 8-18 enrollees at a time to allow for a supportive close-nit discussion group.

CHRONIC DISEASE DEFINED

Chronic Disease in this context can be categorized as both mental and or physical. Examples of chronic diseases include but are not limited to: Auto-Immune Disorders, Diabetes, Arthritis, Epilepsy, Asthma, Anxiety, Depression, Attention Deficit Disorder.

NOTE: The marketing of this CDSMP pamphlet is specifically catered towards those ages 18-29, with the aim at reaching more young adults to prioritize their health and enroll in self-management programming.

FOR MORE INFO

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Selfmanagementresource.com
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