

2023

FREE!

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP (CDSMP)

Participants will attend a 2½-hour interactive workshop once a week for 6 weeks to learn techniques to deal with symptoms of chronic conditions such as:

- Fatigue
- Pain
- Sleeplessness
- Shortness of breath
- Stress
- Emotional problems (depression, anger, fear, and frustration)

Who is it for?

CDSMP is for adults with chronic health conditions such as arthritis, diabetes, heart disease, lung disease, and other ongoing health problems.

Call to register

(973)-682-4940

(973)-285-6063

What are the benefits?

- **Decreased pain and health distress**
- **Increased energy and less fatigue**
- **Increased physical activity**
- **Decreased depression**
- **Better communication with physicians**
- **Decreased social role limitations**
- **Increased confidence in managing chronic disease**

For any further questions and/or concerns regarding the program,
Call (973)-682-4940



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Public Health
Prevent. Promote. Protect.