



“Even though I am 95 years old, I still learned something new.” - CDSM participant

Take charge of your long lasting health concerns —and your life!

Join a No-Charge Chronic Disease Self-Management (CDSM) workshop.

You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health.



Register TODAY!

Call (440) 816-4037

Chronic Disease Self-Management

**March 5—April 9, 2019
Tuesdays, 1:00-3:30 pm**

Fire Department of Olmsted Township, 26900 Cook Road, Olmsted Township, OH 44138

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