



# Chronic Disease Self-Management Program We Can Help

## Are you or a loved one living with a long-term health concern?

The nationally recognized Chronic Disease Self-Management Program, originally developed at Stanford University, can help you take charge of your life. This free 6-week evidence-based program helps people living with long-term health concerns such as:

- High blood pressure (hypertension)
- Diabetes
- Heart disease
- Long-term pain
- Breathing problems, like Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Arthritis
- HIV/AIDS
- And many more

**Program benefits:**

- Discover skills to improve your health
- Create a step-by-step plan to live a healthier life
- Learn how being active and eating healthy are helpful
- Learn about tools to help you take charge of your signs and symptoms

**Registration is EASY!**  
 Call **1-877-THR-WELL (1-877-847-9355)** or go online to [TexasHealth.org/Classes](https://TexasHealth.org/Classes).

<b>When</b>	<b>Where</b>
<p>Mondays, 1:00PM – 3:30PM</p> <p>September 26 – October 31, 2022</p> <p>6 weeks</p>	<p>Community Classroom – G23</p> <p>Texas Health Presbyterian Hospital Plano</p> <p>6300 W. Parker Road, Plano, TX 75093</p> <p>Use Medical Office Bldg. II Entrance</p>



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