



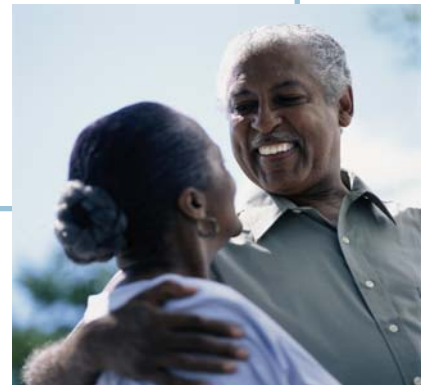
# SELF-MANAGEMENT

The Chronic Disease Self-Management Program (CDSMP)

A 6-week workshop that will help you take control of your ongoing condition rather than letting the illness control you!

A Fun interactive course to help you:

- Manage pain, fatigue, depression & frustration
- Increase fitness & self-confidence
- Use medications wisely
- Improve communication
- Choose foods for health
- Solve problems effectively



Classes are FREE

Registration & Information:

Contact Rebecca Chaplin at 828-251-6622

## **2008 Workshops**

### **Pardee Health Education Center**

Fridays , March 7-April 18, 1:00—3:30pm (no class on March 21)

### **Mountain Area Health Education Center (MAHEC)**

Mondays, March 3 - April 14, 5:00 - 7:30 pm (no class on March 24)

### **Lakeview Senior Center**

Thursdays April 3 - May 9th, 10:00 am - 12:30 pm

# REGISTRATION

10 to 15 people with chronic illnesses can attend. Their caregivers can also attend.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Location of preferred course: \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



Return Application to:  
Rebecca Chaplin  
Land-of-Sky Regional Council  
Suite 140, 339 New Leicester Hwy  
Asheville, NC 28806  
828-251-6622