

TMC's Community Health Strategies & Innovation presents  
**2018 Chronic Disease and Diabetes Self-Management Program**

Do You or Someone You Know Have any of these Chronic Diseases?

- High Blood Pressure
- Arthritis
- Diabetes
- Breathing/lung disease
- Chronic pain
- High cholesterol
- Osteoporosis
- Heart disease
- Depression or Anxiety disorder
- Other

**The Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) developed at Stanford University is a FREE workshop.** Learn about chronic disease, take control of your health, and enjoy socializing with others with similar challenges. A FREE delicious, healthy lunch is provided each week!

**Seton Center**  
 2816 E 23rd St., KC, MO 64127  
 TIME: 11 am -1 pm  
 (June 5, 12, 19, 26, July 3, 10)

**Health Science District**  
 2301 Holmes St, KC, MO 64108  
 TIME: 10:30 am -12:30 pm  
 (Mar. 21, 27, Apr. 4, 11, 18, 25)

**The Groves**  
 1515 West White Oak, Indep., MO 64050  
 TIME: 10:30 am -12:30 pm  
 (Oct. 2, 9, 16, 23, & 30, Nov. 6)

**Bluford Library**  
 3050 Prospect Ave, KC, MO 64128  
 TIME: 5:30 -7:30pm  
 (June 4, 11, 18, 25, July 2, 9)  
 (Sept. 10, 17, 24, Oct. 1, 8, 15)

**Palestine Senior Activity Center**  
 3325 Prospect Ave, KC, MO 64128  
 TIME: 10 am-12 pm  
 (March 2, 9, 16, 23, 30, Apr. 6)  
 (July 6, 13, 20, 27, Aug. 3, 10)

**The Plaza Library**  
 4801 Main St., KC, MO 64112  
 TIME: 10:30 am -12:30 pm  
 (July 17, 24, 31, Aug. 7, 14, 21)  
 (Nov. 13, 20, 27, Dec. 4, 11, 18)

**Don Bosco Senior Center**  
 580 Campbell St., KC, MO 64106  
 TIME: 10:30 am -12 pm  
 (Feb. 7, 14, 21, 28, March 7, 14)  
 (May 2, 9, 16, 23, 30, June 6)  
 (Sept. 12, 19, 26, Oct. 3, 10, 17)

**Ivanhoe Neighborhood Council**  
 3700 Woodland Ave, KC, MO 64109  
 TIME: 10:30 am -12:30 pm  
 (April 17, 24, May 1, 8, 15, 22)

**University Health**  
 2101 Charlotte St, KC, MO 64108  
 TIME: 10:30 am -12:30 pm  
 (Sept. 7, 14, 21, 28, Oct. 12, 19)

## 2018

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28				25	26	27	28	29	30	31	29	30					

  

MAY							JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7				1	2	3	4
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
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27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

  

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	
30																					30	31					

TRUMAN MEDICAL CENTERS



**Wellness Connection**



For more information or to enroll in an upcoming session, please contact Judith Navarro at 816-404-9713 or email at [Judith.Navarro@tmcmed.org](mailto:Judith.Navarro@tmcmed.org).



**MobileMarket**  
 Truman Medical Centers