

TMC's Community Health Strategies & Innovation presents **2019 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

Chronic diseases include conditions such as high blood pressure, diabetes, or asthma

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 | 10:30 a.m. - 12:30 p.m.
2816 E 23rd St. | KC, MO 64127
CDSMP June 4, 11, 18, 25 | July 2, 9
PAIN July 16, 23, 30 | Aug 6, 13, 20

DON BOSCO SENIOR CENTER
10:30 a.m. - 12 p.m.
580 Campbell St. | KC, MO 64106
DSMP July 17, 24, 31 | Aug. 7, 14, 21

PALESTINE SENIOR ACTIVITY CENTER
10 a.m. - 12 p.m.
3325 Prospect Ave | KC, MO 64128
CDSMP Aug. 1, 8, 15, 22, 29 | Sept. 5
DSMP Oct. 1, 8, 15, 22, 29 | Nov. 5

TMC - LAKEWOOD | 11 a.m. - 1 p.m.
7900 Lee's Summit Rd | KC, MO 64139
CDSMP TBD

BLUFORD LIBRARY | 5 -7 p.m.
3050 Prospect Ave | KC, MO 64128
PAIN July 1, 8, 15, 22, 29 | Aug 5

CALVARY | 11 a.m. - 1 p.m.
2940 Holmes Street KC, MO 64109
CDSMP Sept. 18, 25 | Oct. 2, 9, 16, 23

**For more information or to enroll in an upcoming session, please contact
Judith Navarro at 816-404-9713 or email at Judith.Navarro@tmcmcd.org.**