

2023

# CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP (CDSMP)

**FREE!**

April 20, 2023– May 25, 2023, 10AM–12:30pm  
Hanover Township Recreation– 15 N Jefferson Rd

Participants will attend a 2½-hour interactive workshop once a week for 6 weeks to learn techniques to deal with symptoms of chronic conditions such as:

- Fatigue
- Pain
- sleeplessness
- Shortness of breath
- Stress
- Emotional problems (depression, anger, fear, and frustration)

## Who is it for?

*CDSMP is for adults with chronic health conditions such as arthritis, diabetes, heart disease, lung disease, and other ongoing health problems.*

**REGISTER BY:  
APRIL 18TH, 2023**

**Call to register  
(973)-682-4940  
(973)-285-6063**

## What are the benefits?

- **Decreased pain and health distress**
- **Increased energy and less fatigue**
- **Increased physical activity**
- **Decreased depression**
- **Better communication with physicians**
- **Decreased social role limitations**
- **Increased confidence in managing chronic disease**

**For any further questions and/or concerns regarding the program,  
Call (973)-682-4940**



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**Public Health**  
Prevent. Promote. Protect.