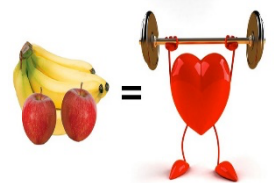




Angela D. Alsobrooks
County Executive



**PRINCE GEORGE'S COUNTY'S
DEPARTMENT OF FAMILY SERVICES INVITES
You to participate in
FREE ONE-HOUR WEEKLY WORKSHOP(S)
By Phone From Your Home
Chronic Disease Self-Management Program**



LED BY TRAINED & EXPERIENCED LEADERS

Let the Coronavirus not keep you uninvolved. If you have a chronic condition especially during this time of the Coronavirus, then this Workshop will be very useful for you. If you are required to take medication in an ongoing manner, then you have a chronic condition. This means, seeing your doctor regularly, and more importantly, managing your symptoms and medications in partnership with all physicians: Examples are: Diabetes, Heart disease, Blood Pressure, Coronary Obstructive Pulmonary Disease (COPD), Asthma, Mental Health and many others. This Workshop will teach you how to improve your health and enjoy immense quality of life.

You will learn, among other things to:

- Promote a healthy lifestyle consisting of guidelines on nutrition
- Improve strength and endurance through specific exercises
- Practice Action Plans that work
- Be an active patient with your healthcare team by asking relevant questions

BENEFITS:

- **CDSMP: Receive an evidence-based Tool Kit for Active Living with Chronic Conditions**
 - o Textbook – Living a Healthy Life with Chronic Conditions, 5th Edition
 - o Relaxation for Mind and Body CD;
 - o Exercise for Chronic Conditions CD
 - o Self-Test & Tip Sheets Booklet
- **Certificate of Completion**

OPEN TO ALL PERSONS

To Register, Call Jackie Harley, Health Promotion Coordinator, 301-248-0039