

Active Living with Chronic Conditions

Did you know that your medical history provides insight to conditions that may be common in your family tree?

The Chronic Disease Self-Management Program (CDSMP) teaches skills to manage diabetes, arthritis or other chronic conditions.

CDSMP is a *free* tele-workshop provided by trained **RSVP** volunteers in the comfort and security of your home for people age 60 and older.

The six week (approximately 1 hour) **workshop includes:**

- **Living a Healthy Life with Chronic Conditions**
- for discussion reference.
- A relaxation and exercise CD to help manage your condition.
- Self-test, tip sheets and exercise drawings of different routines from the CD Booklet.

You will learn:

- Techniques to deal with frustration, pain or isolation.
- Exercises for maintaining strength, flexibility and endurance.
- Communication strategies with family, friends and healthcare workers.

Register for the next Chronic Disease Self-Management Tele-Workshop!

(609) 894-7229 or Email: rsvp@rcbc.edu

The Chronic Disease Self-Management Program is an evidenced-based self-management program originally developed at Stanford University.

RSVP is a national service organization sponsored by Rowan College at Burlington County.

NJ Addictions Hotline: 1 (800) 238-2333

