

Health and Wellness Class: Chronic Disease Self Management Program

Age Requirements

60+

Available 24/7

No

Family

No

Intake Contact

Kathy Brown

Intake Contact Email

kbrown@youraaa.org

Intake Process

Please contact Kathy Brown at 804 343 3004 for more information. There is no cost, but registration is required.

Intake Contact Telephone

(804) 343-3004

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Senior Connections, The Capital Area Agency on Aging

<http://www.seniorconnections-va.org>

<https://seniorconnections-va.org/services/education-information/health-wellness...>

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@sccaaa

Main

(804) 343-3004

TTY/TTD

(804) 343-3008

1300 Semmes Avenue
23224 VA
United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

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Language Line available

The Chronic Disease Self-Management Program (CDSMP) is a six-week, 2.5-hour workshop that offers tools and information to help people manage their chronic conditions and participate more fully in life. Through this supportive interactive workshop, often led by others with chronic conditions, participants learn about a variety of topics, such as:

- Healthy eating and exercise,
- Evaluating new treatment choices,
- Appropriate use of medications,
- Effective ways to talk with healthcare professionals and loved ones.

Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

This program is currently offered virtually, please contact for joining information.

Service Area(s)

Charles City County

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Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

New Kent County

,

Northampton County

,

Powhatan County

,

Richmond City

Email

seniorconnections@youraaa.org