

Chronic Disease Self-Management Program (CDSME)

The Chronic Disease Self-Management Program (CDSMP), developed by Stanford University, is a six week workshop that offers tools and information to help people manage their chronic illnesses and participate more fully in life.

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CDC Complete Care Plan Form

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[CDC Complete Care Plan Form](#)

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Walk with Ease Program

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

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[Virginia Department of Health](#)

Links

Self-Management Resource Center (SMRC)

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[Self-Management Resource Center \(SMRC\)](#)

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Find Your AAA (Area Agency on Aging)

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[Find Your AAA \(Area Agency on Aging\)](#)

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Live Well, Virginia! Chronic Disease Self-Management Program

Through the Live Well, Virginia! programs, individuals coping with chronic diseases can take steps to improve their overall health, feel better, and live life to the fullest.

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[Virginia Department for the Aging](#)

Links

Live Well, Virginia! Chronic Disease Self-Management Program

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