You Can! Live Well!

Chronic Disease Self-Management Education Workshops

Because it’s always the right time to take control of your health!

**Chronic Disease Self-Management Program (CDSMP)**
- **Augusta Nursing and Rehab**
  - Tuesdays Sept 8 - Oct 13 from 1:00 - 3:30
  - Call to register: 540-885-8424

- **Waynesboro Senior Center**
  - Wednesdays Sept 9 - Oct 14 from 9:30 - 12:00
  - Call to register: 540-942-1838

- **Bath Community Rehab and Wellness Center**
  - Mondays Sept 14 - Oct 19 from 9:30 - 12:00
  - Call to register: 540-839-7331

- **Bridgewater Retirement Community**
  - Thursdays Sept 17 - Oct 29 from 9:00 - 11:30
  - Call to register: 540-828-2550

- **Brookdale Staunton**
  - Thursdays Sept 24 - Oct 29 from 2:00 - 5:30
  - Call VPAS to register: 540-949-7141

- **Crossroads to Brain Injury Recovery**
  - Fridays Sept 25 - Oct 30 from 12:30 - 3:00
  - Call VPAS to register: 540-820-8567

- **Rockbridge YMCA**
  - Thursdays Oct 1 - Nov 5 from 3:30 - 6:00
  - Call to register: 540-464-9622

- **Harrisonburg Community Health Center**
  - Wednesdays Oct 7 - Nov 11 from 6:00 - 8:30 pm
  - Call to register: 540-433-4913 extension 127

- **Plaza Apartments, Staunton**
  - Tuesdays Oct 13 - Nov 17 from 1:00 - 3:30
  - Call to register: 540-949-7141

**Diabetes Self-Management Program (DSMP)**
- **East Rockingham Senior Center**
  - Thursdays Sept 3 - Oct 8 from 9:00 - 11:30
  - Call to register: 540-383-7006 or 540-568-5253

- **Calvary UMC, Stuarts Draft**
  - Tuesdays Sept 15 - Oct 20 from 6:00 - 8:30pm
  - Call to register: 540-949-7141

- **Virginia Mennonite Retirement Community**
  - Mondays Oct 12 - Nov 16 from 1:30 - 4:00pm
  - Call to register 540-574-3850 or 540-568-5253

**Cancer: Thriving and Surviving Program (CTSP)**
- **Staunton Senior Center**
  - Wednesdays Sept 30 - Nov 4 from 1:00 - 3:30
  - Call to register: 540-886-4634

- **Waynesboro Senior Center**
  - Tuesdays, Oct 20 - Nov 24 from 9:30 - 12:00
  - Call to register: 540-942-1838

- **Virginia Mennonite Retirement Community**
  - Mondays this fall - dates and times to be determined
  - Call for more information: 540-820-8567

**Tomando Control de su Salud**
- **Harrisonburg Health Department**
  - Tuesdays Sept 15 - Oct 20 from 6:00 - 8:30 pm
  - Call to register: 540-810-5960

Call 540-820-8567 for more information

Register online at www.valleycdsme.com