

## TMC's Community Health Strategies & Innovation presents **2019 Chronic Disease and Diabetes Self-Management Program**

### Do You or Someone You Know Have any of these Chronic Diseases?

- High Blood Pressure
- Arthritis
- Diabetes
- Breathing/lung disease
- Chronic pain

- High cholesterol
- Osteoporosis
- Heart disease
- Depression or Anxiety disorder

- Other

*Chronic diseases include conditions such as high blood pressure, diabetes, or asthma*

The Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) developed at Stanford University is a FREE workshop. Learn about chronic disease, take control of your health, and enjoy socializing with others with similar challenges. A FREE delicious, healthy lunch is provided each week!

**SETON CENTER | 10:30 a.m. - 12:30 p.m.**  
2816 E 23<sup>rd</sup> St. | KC, MO 64127  
CDSMP June 4, 11, 18, 25 | July 2, 9  
PAIN July 16, 23, 30 | Aug 6, 13, 20

**DON BOSCO SENIOR CENTER**  
**10:30 a.m. - 12 p.m.**  
580 Campbell St. | KC, MO 64106  
DSMP July 17, 24, 31 | Aug. 7, 14, 21

**PALESTINE SENIOR ACTIVITY CENTER**  
**10 a.m. - 12 p.m.**  
3325 Prospect Ave | KC, MO 64128  
CDSMP Aug. 1, 8, 15, 22, 29 | Sept. 5  
DSMP Oct. 1, 8, 15, 22, 29 | Nov. 5

**TMC - LAKEWOOD | 11 a.m. - 1 p.m.**  
7900 Lee's Summit Rd | KC, MO 64139  
CDSMP TBD

**BLUFORD LIBRARY | 5 -7 p.m.**  
3050 Prospect Ave | KC, MO 64128  
PAIN July 1, 8, 15, 22, 29 | Aug 5

**CALVARY | 11 a.m. - 1 p.m.**  
2940 Holmes Street KC, MO 64109  
CDSMP Sept. 18, 25 | Oct. 2, 9, 16, 23

**For more information or to enroll in an upcoming session, please contact  
Judith Navarro at 816-404-9713 or email at [Judith.Navarro@tmcmcd.org](mailto:Judith.Navarro@tmcmcd.org).**