

TAKE CONTROL of *YOUR* Health!



CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with a chronic condition
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN TO:

- Manage Symptoms
- Incorporate Exercise
- Monitor Nutrition
- Talk with Your Doctor
- Make Informed Treatment Decisions
- Deal with Emotions
- Control Stress

UPCOMING CLASS SERIES

**Buda Municipal Building
405 E. Loop Street, Building 100**

9–11:30 a.m.

Thursdays

October 3 – November 7

REGISTRATION IS REQUIRED

There is **NO COST** to participate

Class size is limited

To REGISTER:

**[https://www.capcog.org/training/class/vi
ew/cdsmp](https://www.capcog.org/training/class/vi
ew/cdsmp)**

*Sponsored by
Buda Aging Task Force*

