

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 St Building 100**

9:00 a.m. – 11:30

Thursdays

February 6 – March 12

REGISTRATION IS REQUIRED

There is **NO COST** to participate

Class size is limited

To REGISTER:

**[https://training.capcog.org/class/vi
ew/cdsmp1](https://training.capcog.org/class/vi
ew/cdsmp1)**

*Sponsored by
Buda Aging Task Force*

