

# Learn to Live Well with CHRONIC DISEASE



**The Living Well with Chronic Disease Self-Management Program** will empower you to take charge of your health – giving you the tools to better manage your health so you can feel better, be in control and do the things you want to do! This evidence based program has been developed by Stanford University and is FREE and open to all.

## VIRTUAL CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

Sep. 4 – Oct. 9 | 9 - 11:30am

6 Weeks | Wednesdays



**To register, contact:**  
Antanette Murphy at 412-377-8312 or  
amurphy@qualityinsights.org.

## LEARN STRATEGIES THAT WILL HELP YOU TAP INTO...

- ✓ Increased energy
- ✓ Increased physical activity
- ✓ Increased confidence in managing chronic disease
- ✓ Better communication with physicians
- ✓ Decreased pain and health distress
- ✓ Decreased depression
- ✓ Decreased social role limitations