

## **Chronic Disease Self-Management Program (CDSMP), Tidewater**

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Must be 60 and over

Intake Contact

Mary Noonan

Intake Process

To register or request a class visit the website or call 757-963-9209.

Intake Contact Telephone

(757) 963-9209

Provider Refer

Yes

Residency Requirements

SSSEVA coverage area

Self Refer

Yes

Senior Services of Southeastern Virginia

<http://www.ssseva.org/>

<https://www.ssseva.org/programs/chronic-disease-self-management/>

Main

(757) 461-9481

2551 Eltham Avenue

Suite Q

23513 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

The Chronic Disease Self-Management Program (CDSMP) is a six-week, 2.5-hour workshop that offers tools and information to help people manage their chronic conditions and participate more fully in life. Through this supportive interactive workshop, often led by others with chronic conditions, participants learn about a variety of topics, such as:

- Healthy eating and exercise
- Evaluating new treatment choices
- Appropriate use of medications
- Effective ways to talk with healthcare professionals and loved ones

Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The program is currently offered virtually, please contact for joining information.

Service Area(s)

Chesapeake City

,

Franklin City

,

Isle of Wight County

,

Norfolk City

,

Portsmouth City

,

Southampton County

,

Suffolk City

,

Virginia Beach City

Email

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