

# Live Well, Virginia!, Chronic Disease Self-Management Program, Smyth

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Persons age 60 and older.

Family

No

Intake Contact

Debbie Spencer

Intake Contact Email

dspencer@district-three.org

Intake Process

Telephone referrals accepted.

Intake Contact Telephone

(276) 783-8157

Self Refer

Yes

District Three Governmental Cooperative

<https://www.district-three.org>

<https://district-three.org/index.php/senior-services/>

<https://www.facebook.com/District-Three-Governmental-Cooperative-22717093433921...>

<https://twitter.com/DistrictThreeVA>

Main

(276) 783-8157

Toll-Free

(800) 541-0933

4453 Lee Highway

24354 VA

United States

## 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.

## Service Area(s)

Bland County

,

Bristol City

,

Carroll County

,

Galax City

,

Grayson County

,

Smyth County

,

Washington County

,

Wythe County

Email

[info@district-three.org](mailto:info@district-three.org)