

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

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Intake Contact

Bonnie Vermillion

Intake Contact Email

bonnired@comcast.net

Intake Process

Call the office or go to RRCS website to register. There is no charge but registration is required.

Intake Contact Telephone

(540) 547-4824

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Encompass Community Supports

<http://www.rrcsb.org>

<https://www.rrcsb.org/senior-services/chronic-disease-self-management-education/>

<https://www.facebook.com/rrcsb>

@rrcsb

Main

(540) 547-4824

Toll-Free

(540) 718-9341

Phone Emergency

(540) 825-5656

TTY/TTD

(540) 825-7391

15361 Bradford Road  
22701 VA  
United States

#### Additional Availability Comments

Crisis emergency services are available 24 hours per day, every day.

#### Fee Structure

Sliding Scale Fee

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#### Call for Information

#### 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.

This program is currently offered virtually (statewide) and in person; please contact for joining information.

#### Service Area(s)

Culpeper County

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Fauquier County

,

Madison County

,

Orange County

,

Rappahannock County

Email

[rrcsb@rrcsb.org](mailto:rrcsb@rrcsb.org)