

## **Live Well, Virginia!, Chronic Disease Self-Management Program, Hampton Roads**

Age Requirements

18 and over

Available 24/7

No

Intake Process

Call the office. There is no cost but registration is required.

Intake Contact Telephone

(757) 933-2608

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Peninsula Agency on Aging

<http://www.paa-inc.org/>

<https://paa-inc.org/wellness-cdsmp.html>

Main

(757) 933-2608

739 Thimble Shoals Blvd, Suite 1006

23606 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)

Essex County

,

Gloucester County

,

Hampton City

,

James City County

,

King William County

,

King and Queen County

,

Lancaster County

,

Mathews County

,

Middlesex County

,

Newport News City

,

Northumberland County

,

Poquoson City

,

Richmond County

,

Westmoreland County

,

Williamsburg City

,

York County

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