

Live Well, Virginia!

Living with Arthritis? Managing Diabetes? Have Chronic Pain?

Take Control of Your Health with
Chronic Disease Self-Management Education (CDSME) programs!

Facilitated by Inova ElderLink, Fairfax County offers FREE six-week group workshops designed to provide education and tools to help older adults and adults with disabilities better manage chronic conditions.



Choose from three
empowering programs:

- 1. Chronic Disease Self-Management Program.** Non-disease specific, Learn to manage pain, fatigue, improve sleep and eating habits, increase physical activity, and more!
- 2. Chronic Pain Self-Management Program.** Effectively manage ongoing pain and improve your quality of life.
- 3. Diabetes Self-Management Program.** Designed for those managing Pre-Diabetes or Diabetes.

Other benefits:

- ▶ Connect with others managing symptoms
- ▶ Receive support and encouragement

Conducted by 2 certified leaders

Take charge of your health and well-being today. Don't miss this opportunity!

For more information contact:

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FairfaxCounty.gov/FamilyServices/older-adults

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Where a TTY number is not indicated, use 711/
Virginia Relay. Reasonable accommodations
provided upon request, call 703-324-5730.



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

