

To Register

Simply fill out this slip and mail, fax, or email it to our Program Specialist using the contact information below.

I, _____
(First and Last Name)

would like to enroll in the Chronic Disease Self-Management Program.

(_____) _____ - _____
(Phone Number)

_____@_____
(Email Address)

(Cut Here)

Or register securely online at:
surveymonkey.com/r/LHWRRegistration

S²AY Rural Health Network
P.O. Box 97, Corning, NY 14830
Phone: (607) 962-8459
Fax: (607) 962-9755
info@s2aynetwork.org

We look forward to working with you!

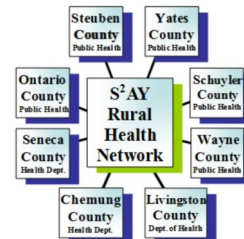
The S²AY Rural Health Network

Mission: To be a leader in improving health outcomes in our rural communities.

The S²AY Rural Health Network, formed in 1997, is a 501(c)(3), nonprofit organization serving Chemung, Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne, and Yates Counties.

To find out more about how the S²AY Rural Health Network is working to improve the health of your community or to see what other services we offer, at no cost to you, please visit us at our website:

s2aynetwork.org



Living

Healthy

Workshops



The Chronic Disease Self-Management Program



Take Charge of Your Health Today!

Who Qualifies?

Anyone who is 18 years or older and has a chronic health condition, or is a caregiver to someone with a chronic health condition, can participate in the CDSMP.

Chronic health conditions that qualify for this program include physical, mental, and behavioral health diagnosis. Some examples are:

- ADHD
- Anxiety
- Arthritis
- Asthma
- Cancer
- Chronic Pain
- COPD
- Dementia
- Depression
- Diabetes
- Eating Disorders
- Hypertension
- Stroke

About the CDSMP

The Chronic Disease Self-Management Program (CDSMP) is an evidence-based program that helps you take back control of your health.

Two trained peer leaders, at least one of whom is someone with a chronic health condition, facilitate workshops once a week for six weeks.

Topics covered by the CDSMP include:

- Techniques to deal with problems such as frustration, fatigue, pain, and isolation.
- Staying independent.
- Nutrition.
- Communicating effectively with family, friends, and healthcare providers.
- Ability-appropriate exercises for maintaining and improving strength, flexibility and endurance.
- Problem solving.
- How to evaluate new treatments and use medications appropriately.

Benefits to You!

The CDSMP is *free* for you to take.

Participating in this program does not conflict with your existing treatment through your healthcare provider. The CDSMP is designed to enhance regular treatment plans and education.

Workshops provide an environment where mutual support and success build your confidence and strengthen your ability to manage you health and maintain an active and fulfilling life.

Those who participate in the CDSMP and utilize what they have learned find that they:

- Improve their overall health.
- Need fewer hospitalizations and visits to the ED to manage their chronic health conditions.
- Communicate more effectively regarding their health and needs.
- Increase their level and frequency of physical activity.