



**MERCER COUNCIL**  
ON ALCOHOLISM AND DRUG ADDICTION

EXECUTIVE DIRECTOR  
Geetha Arulmohan



## Program Summary Sheet

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<b>Title</b>	Take Control of Your Health – Chronic Disease Self-Management Program
<b>Number of Sessions</b>	6 (1.5 hour) sessions
<b>Program Services Include</b>	Curricula materials; Evaluation

### Summary

The CDSMP is a community workshop designed to give people with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their health care. Participants learn healthier ways to live, gain confidence and motivation to manage their health and feel more positive about life. The program goal is to help people choose healthy behaviors they would like to follow and design strategies for incorporating these behaviors into daily life.

### Learning Objectives

1. **Increasing knowledge** – participants learn how to manage their chronic conditions using techniques to control pain, fatigue, emotions, etc.
2. **Increasing advocacy** – participants will learn how to navigate the health care system and effective ways to work with their health care professionals.
3. **Positively changing behavior** - participants will learn how their lifestyle choices and behaviors impact their health. Participants will learn how to use new tools and feel empowered to manage their health care, particularly regarding their use of medications.

<b>Contact:</b>	<b>Smriti Singh</b> <b>Administrative Assistant</b>
<b>Phone:</b>	<b>609-396-5874</b>
<b>Email:</b>	<b>ssingh@mercercouncil.org</b>