



Put Life Back In Your Life!



The *Manage Your Chronic Disease (MyCD)* Chronic Disease-Self Management Program (CDSMP) A Free Six-Week Community Workshop

For adults of all ages with chronic health conditions like diabetes, arthritis, pain, cancer, high cholesterol, heart disease, high blood pressure, breathing problems, or obesity. Learn new skills to coordinate all the things needed to manage your health, as well as to help keep you active in your life and relationships. Family members and caregivers are welcome to attend.

Call **(505) 880-2800** to sign up today for a workshop in the **Metro Albuquerque** area!

Week 1 – Session Activities:

- Introduction – identifying common problems
- Workshop overview
- What is diabetes?
- Introduction to healthy eating
- Introduction to action plans

Week 2 – Session Activities:

- Feedback and problem-solving
- Formula for a healthy eating plan
- Preventing low blood sugar
- Making an action plan

Week 3 – Session Activities:

- Feedback and problem solving
- Preventing or delaying complications
- Planning low fat meals
- Introduction to physical activity
- Muscle relaxation
- Making an action plan

Week 4 – Session Activities:

- Feedback and problem solving
- Dealing with difficult emotions
- Reading nutrition labels
- Endurance activities
- Guided imagery
- Making an action plan

Week 5 – Session Activities:

- Feedback and problem solving
- Depression management
- Positive thinking
- Communication
- Medication usage
- Making an action plan

Week 6 – Session Activities:

- Feedback and problem solving
- Strategies for sick days
- Foot care
- Working with your health care team

See back for 2015 CDSMP workshop offerings and locations.



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May 2015 Workshop Offerings and Locations

Los Volcanes 50+ Sports and Fitness Center

Address: 6500 Los Volcanes NW
Albuquerque, 87121

Day of Week: Tuesdays

Times: 1:00 – 3:30 PM

Start Date: May 5

End Date: June 9

Palo Duro Senior Center

Address: 5221 Palo Duro NE
Albuquerque, 87110

Day of Week: Thursdays

Times: 1:00 PM – 3:30 PM

Start Date: May 7

End Date: June 11

North Domingo Baca Multigenerational Center

Address: 7521 Carmel NE
Albuquerque, 87113

Day of Week: Wednesdays

Times: 1:30 – 4:00 PM

Start Date: July 1

End Date: August 5

Palo Duro Senior Center

Address: 5221 Palo Duro NE
Albuquerque, 87110

Day of Week: Thursdays

Times: 1:00 PM – 3:30 PM

Start Date: September 3

End Date: October 8



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



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