



“Even though I am 95 years old, I still learned something new.” - CDSM participant

# Take charge of your long lasting health concerns —and your life!

## Join a No-Charge Chronic Disease Self-Management (CDSM) workshop.

You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health.

**f**airhill  
partners

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[www.fairhillpartners.org](http://www.fairhillpartners.org)



**SIGN UP TODAY!**  
Call **216-421-1350 x183** or  
Email: [programs@fairhillpartners.org](mailto:programs@fairhillpartners.org)

**Wednesdays, 1:30-4:00 pm**  
**Oct 5-Nov 19** at NEON Health Services  
8300 Hough Ave., Cleveland OH 44103

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