



“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.



12200 Fairhill Road
Cleveland, OH 44120

216-421-1350 x183
programs@fairhillpartners.org

www.fairhillpartners.org



SIGN UP TODAY!
Call 216-421-1350 x183 or
Email: 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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