

Chronic Disease Self-Management Education Programs 2019 Workshop Schedule Albuquerque Metro Area

Palo Duro Senior Center, located at 5221 Palo Duro NE:

Thursdays from 1:00 p.m. to 3:30 p.m. on:

January 31 through March 7, 2019

This will be a **Diabetes Self-Management Program** workshop (**DSMP**);

March 28 through May 2, 2019

This will be a **Chronic Disease Self-Management Program** workshop (**CDSMP**);

May 23 through June 27, 2019

This will be a **Chronic Pain Self-Management Program** workshop (**CPSMP**);

July 11 through August 15, 2019

This will be a **Diabetes Self-Management Program** workshop (**DSMP**);

September 5 through October 10, 2019

This will be a **Chronic Disease Self-Management Program** workshop (**CDSMP**);

October 17 through November 21, 2019

This will be a **Chronic Pain Self-Management Program** workshop (**CPSMP**).

To enroll, please call 880 – 2800 or toll-free (505) 850 - 0176.

For more workshop offerings, please visit <http://pathstohealthnm.org>

Chronic Disease Self-Management Education Programs 2019 Workshop Schedule - Albuquerque Metro Area

UNM Comprehensive Cancer Center, 1201 Camino de Salud, 1st floor Administration Wing, Room 1048, Albuquerque, NM 87131.

Wednesdays from 1:30 p.m. to 4:00 p.m.:

January 9, 2019 through February 13, 2019

This will be a **Cancer: Thriving and Surviving (CTS)** workshop

UNM North East Heights Family Health Clinic, located at 7801 Academy NE, Albuquerque, NM 87109.

Mondays from 9:00 a.m. to 11:30 a.m.:

January 21, 2019 through February 25, 2019.

This will be a **Chronic Disease Self-Management Program** workshop (**CDSMP**)

Lovelace Women's Hospital Outpatient Rehabilitation Conference Room, located at 4600 Montgomery Blvd. NE, Albuquerque, NM 87109 (directly across from Lovelace Women's Hospital)

Tuesdays from 11:30 a.m. to 2:00 p.m. with lunch provided

February 26, 2019 through April 2, 2019

This will be a **Cancer: Thriving and Surviving (CTS)** workshop



Oasis Albuquerque, located at 3301 Menaul Blvd. NE, Suite #18, Albuquerque, NM 87107.

Wednesdays from 12:30 p.m. to 3:00 p.m.:

March 20 and running through April 24, 2019

This will be a **Diabetes Self-Management Program** workshop (**DSMP**)

Lovelace Women's Hospital Outpatient Rehabilitation Conference

Room, located at 4600 Montgomery Blvd. NE, Albuquerque, NM 87109 (directly across from Lovelace Women's Hospital)

Wednesdays from 12:30 p.m. to 3:30 p.m. with lunch provided

August 7, 2019 through September 11, 2019

This will be a **Cancer: Thriving and Surviving** (**CTS**) workshop

To enroll, please call 880 – 2800 or toll-free (505) 850 - 0176.

For more workshop offerings, please visit <http://pathstohealthnm.org>

Chronic Disease Self-Management Education Programs 2018 Workshop Schedule - Albuquerque Metro Area Spanish Language Programming

Central and Unser Library, located at 8081 Central Ave NW, Albuquerque, NM 87108.

Tuesdays from 1:00 p.m. to 3:30 p.m.:

January 15 through February 19, 2019

This will be a **Tomando Control de su Salud (Tomando)** workshop / Spanish language **Chronic Disease Self-Management Program (CDSMP)** workshop.

Christine Duncan Heritage Academy, located at 1900 Atrisco Dr NW, Albuquerque, NM 87120.

Wednesdays from 1:00 p.m. to 3:30 p.m.:

January 16 through February 20, 2019

This will be a **Tomando Control de su Salud (Tomando)** workshop / Spanish language **Chronic Disease Self-Management Program (CDSMP)** workshop.

Hawthorne Elementary School, located at 420 General Somervell St NE, Albuquerque, NM 87123.

Thursdays from 9:00 a.m. to 11:30 a.m.:

January 31 through March 7, 2019

This will be a **Programa de Manejo Personal de la Diabetes (Manejo)** / Spanish language **Diabetes Self-Management Program (DSMP)** workshop.

To enroll, please call 880 – 2800 or toll-free (505) 850 - 0176.

For more workshop offerings, please visit <http://pathstohealthnm.org>



**Chronic Disease Self-Management Education Programs
2018 Workshop Schedule - Albuquerque Metro Area
Spanish Language Programming**

Adobe Acres Elementary School, located at 1724 Camino Del Valle SW, Albuquerque, NM 87105.

Fridays from 9:00 a.m. to 11:30 a.m.:

February 8 through March 15, 2019

This will be a **Tomando Control de su Salud (Tomando)** workshop / Spanish language **Chronic Disease Self-Management Program (CDSMP)** workshop.

AND

Fridays from 5:30 p.m. to 8:00 p.m.:

February 8 through March 15, 2019

This will be a **Tomando Control de su Salud (Tomando)** workshop / Spanish language **Chronic Disease Self-Management Program (CDSMP)** workshop.

Emerson Elementary School, located at 620 Georgia Street SE, Albuquerque, NM 87108.

Mondays from 9:00 a.m. to 11:30 a.m.:

February 25 through April 1, 2019

This will be a **Tomando Control de su Salud (Tomando)** workshop / Spanish language **Chronic Disease Self-Management Program (CDSMP)** workshop.

To enroll, please call 880 – 2800 or toll-free (505) 850 - 0176.

For more workshop offerings, please visit <http://pathstohealthnm.org>

Chronic Disease Self-Management Education Programs 2018 Workshop Schedule - Albuquerque Metro Area Spanish Language Programming

UNM SW Mesa Center for Family & Community Health, located at 301 Unser Blvd. NW, Albuquerque, NM 87121.

Wednesdays from 2:30 p.m. - 5:00 p.m.:

February 27 through April 3, 2019

This will be a **Programa de Manejo Personal de la Diabetes (Manejo)** / Spanish language **Diabetes Self-Management Program** workshop (**DSMP**).

Many more Chronic Disease Self-Management Program (CDSMEP) workshops to come in 2019!

For the most up-to-date CDSMEP workshop listings, please call 880 – 2800 or toll-free (505) 850 – 0176 or visit <http://pathstohealthnm.org>