

Chronic Disease Self-Management Education Programs Workshop Schedule

Offered via Zoom video conferencing (audio, visual, or both, your choice)

Starting July 2020

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

July 9 through August 13, 2020

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

Mondays from 6:00 p.m. to 8:30 p.m. on:

July 20 and running through August 24, 2020

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

Wednesdays from 6:00 p.m. to 8:30 p.m. on:

July 22 through August 26, 2020

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

Starting August 2020

Wednesdays from 10:00 a.m. to 12:30 p.m. on:

August 26 through September 30, 2020

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

To enroll, please call (505) 850 - 0176.
For the most up-to-date CDSMEP workshop listings,
please visit <http://pathstohealthnm.org>



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Starting September 2020

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

September 3 through October 8, 2020

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

Wednesdays from 4:00 p.m. to 6:30 p.m. on:

September 9 and running through October 14, 2020

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

Mondays from 6:00 p.m. to 8:30 p.m. on:

September 14 through October 19, 2020

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

Tuesdays from 10:00 a.m. to 12:30 p.m. on:

September 15 and running through October 20, 2020

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

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Workshop Schedule

Offered via Zoom video conferencing (audio, visual, or both, your choice)

Starting October 2020

Wednesdays from 10:00 a.m. to 12:30 p.m. on:

October 14 through November 18, 2020

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

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

October 15 through November 19, 2020

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

No CDSMEP Workshops will be starting in November 2020

No CDSMEP Workshops will be starting in December 2020

To enroll, please call (505) 850 - 0176.
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please visit <http://pathstohealthnm.org>